

WOULD YOUR BODY BE READY?

Or do you feel like you are running on empty?

If you're running on empty, you need to fill up so you can stay healthy for your new family.

Pregnancy and breastfeeding can drain your body of nutrients, particularly folate. If you become pregnant again before replacing those nutrients, it could affect your health or your baby's health.

HOW SOON IS TOO SOON?

Planning to wait 18–24 months after giving birth before trying to get pregnant again is healthier for mothers and babies. Moms age 35 and older can try again in 12 months because of infertility concerns.

WHY WAIT?

- Improve your health and your baby's health
- Give yourself time to heal and get back to normal
- Give special attention to each child
- Have time to lose your pregnancy weight

- ▶ ***Be sure to talk to your health care provider about the options that will work best for you and your family.***

- ▶ ***Renew your body and your mind so if you get pregnant again, your next baby is more likely to be healthy.***
- ▶ ***Take charge of your health and refuel your body with vital nutrients, like iron in your blood.***
- ▶ ***Keep taking your vitamins! Make sure you get at least 400 mcg of folic acid every day.***



POWER YOUR FAMILY PLAN



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AM I READY FOR ANOTHER BABY?

It can be a tough question to think about. You may think of your partner, the size of your living space, or whether you could provide enough attention to another child if you were to become pregnant. You may also wonder whether you could handle another child emotionally. But while you're thinking of everyone else in your family, don't forget to ask yourself the most important question of all: *Am I ready for another baby?*



It is important to consider everyone in your family—your partner, your children, and most importantly yourself—if you were to become pregnant again. Consider these questions.

WHAT IS BEST FOR ME?

- Do I already feel overwhelmed at the end of the day?
- Can I give a new baby the attention they deserve?
- Have I taken the time to grieve? *(For those who recently had a miscarriage)*
- Have I checked with my doctor to see if my body is ready for another pregnancy?

AM I IN A HEALTHY RELATIONSHIP?

- Would my partner be ready?
- Could we afford another child right now?
- Could my partner handle it emotionally?

WHAT IS BEST FOR THE CHILDREN I ALREADY HAVE?

- How will they react to a new sibling?
- If I get pregnant, will that take energy away from being the great mom I want to be for them?

CAN I GET PREGNANT IF I AM STILL BREASTFEEDING?

Women who breastfeed around the clock for the first six months of the baby's life typically do not ovulate. However, there is still a chance that you can get pregnant while breastfeeding, and the chances increase as your baby breastfeeds less. Talk to your health care provider about your birth control options while breastfeeding so that you can take care of yourself while taking care of your baby!

