

# Family Planning

## Postpartum

### Do you have questions?

Call our 24-hour Nurse Advice Line.

We are here to help you.



English:

**(888) 275-8750**

Español:

**(866) 648-3537**

TTY/TDD:

**711**

Distributed by Molina Healthcare.  
All material in this brochure is for  
information only. It does not replace  
your provider's advice.

To get this information in other languages  
and accessible formats, please call Member  
Services. This number is on the back of  
your Member ID card.



[MolinaHealthcare.com](http://MolinaHealthcare.com)



Your Extended Family



Your Extended Family

## Why is **spacing your pregnancies** important?

Spacing affects more than how close your children are in age. It can also affect your health and your baby's health.

## What is **the recommended spacing** between pregnancies?

Research suggests waiting at least 18 to 24 months after a live birth before attempting your next pregnancy.

## What if I get **pregnant again too soon?**

You may not give your body enough time to recover from the physical stress of your last pregnancy. Delivery and breastfeeding can lower your iron and folate (Vitamin B) levels. Your body needs time to replenish these nutrients.

There is also a risk of preterm labor. This can cause your baby to be born early with a low birth weight.



## **Are you thinking of having another child?**

Family planning allows you to plan the spacing and timing of your pregnancies.

You can control the spacing of your pregnancies by using birth control. Talk to your provider to find out what method is best for you.