

C1.2 – REPRODUCTIVE LIFE PLAN

Policy

Reproductive life planning (RLP) is a set of goals about having or not having children. Part of the RLP includes goals to improve personal health. Individuals should be reminded of the fact that whenever one is sexually active, the possibility of pregnancy must be considered.

Procedure

The Reproductive Life Plan

A comprehensive overview should include a discussion of whether a client is planning to parent, what time frame they wish for parenthood to occur, what actions can be taken to prevent that from happening before they are ready, and what steps can be taken to protect their fertility. Clients might be encouraged to think about things like:

- Do you plan to have a child in the next year?
- Where do you see yourself in five years?
- Do you want to be a parent one day?
 - If no, what would you like to do to prevent pregnancy?
 - If yes, when would you like to have your first child? How many children do you want? How far apart would you like them to be?
- Have you discussed this with your partner?
- Have you discussed this with your parents (if client is an adolescent)?
- How do you plan to financially prepare to be a parent? What kinds of things do you need to think about?
- If you experience a pregnancy before you are ready, what do you think you would do?
- What can you do to keep from getting pregnant before you are ready?
- What would you do to keep from getting pregnant before you are ready?
- Do you think there are things you can do now to help improve your health prior to pregnancy/parenting? I.e., diet, exercise, emotional wellbeing, avoid STIs, substance use, alcohol and smoking, update vaccinations, and learn family history. These are opportunities for improving the overall health of a client.
- Provide information about the impact social, environmental, medical, behavioral, genetic and occupational factors may have on pregnancy outcome.

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References	
Additional Resources	http://www.cdc.gov/ncbddd/preconception/QandA.htm http://www.marchofdimes.com/ click “Before pregnancy” http://www.health.state.ut.us/rhp/pdf/RLP_Adult.pdf http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5506a1.htm http://beforeandbeyond.org/toolkit/