



Remember it is just as important to take care of you as it is to take care of your newborn.

1. **Keep yourself healthy** for you, your baby, and your family. Then if you do decide to have another baby, your body will be ready.
2. **A recommended 18-month gap between pregnancies** is proven to help improve the health of mother and baby.
3. **Talk to your healthcare provider or family planning provider** about pregnancy planning.
4. **If desired, decide which birth control option is best for you** until you are ready for your next pregnancy.



Birth Control

Scan the QR code to explore and compare birth control options at bit.ly/Choosing-Birth-Control

RESOURCES

Choosing Birth Control

bit.ly/Choosing-Birth-Control

Family Planning for Iowans

hhs.iowa.gov/family-health/family-planning

Family Planning Clinic Locator

reproductivehealthservices.gov

Show Your Love Campaign

showyourlovetoday.com

Centers for Disease Control and Prevention (CDC)

cdc.gov/pregnancy/index.html

Identifying Maternal Depression

bit.ly/maternal-depression

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**Iowa
HHS**



Reproductive Life Planning

Take Care of You and
Your Future

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WAYS TO KEEP YOUR MIND, BODY AND NEW BABY HEALTHY

-  Make sure health conditions are under control. Follow all discharge instructions provided by your health care provider.
-  Attend all postpartum appointments.
-  Reflect on your own mental health. Reach out to your healthcare provider, family and friends.
-  Establish good communication with your partner or childcare support.
-  Balance your diet to include a variety of grains, fruits, vegetables and proteins.
-  Take a daily multivitamin with folic acid.
-  Limit your alcohol intake, avoid smoking and illegal substances.
-  Keep track of your finances.



Show Your Love
To explore more wellness resources. Scan the QR code or visit online at showyourlovetoday.com



POSTPARTUM DEPRESSION

While your new baby needs a lot of attention and care, it's important to remain aware of your own body and take care of yourself, too.



1 in 8 women report symptoms of depression after giving birth.

Allowing your body time to heal after delivery is important. American College of Obstetricians and Gynecologists (AGOC) currently recommends 18 months as the optimal time for pregnancy spacing. Talk to your provider about your future pregnancy goals.



Identify Maternal Depression

To learn more, scan the QR or visit online at bit.ly/maternal-depression

PLAN YOUR FUTURE

If you are unsure about getting pregnant in the next year, there are questions you can ask and actions you can do right now, no matter what happens in your future.

The Future

- ▶ Do I want to have more children in the future?
- ▶ If yes, when will that be?

Preventing Pregnancy

- ▶ Am I doing anything right now to prevent pregnancy?
- ▶ How is that working?
- ▶ How important is it to me to prevent pregnancy right now?

Getting Pregnant

- ▶ How would I feel if I found out I was pregnant today?
- ▶ How prepared am I for pregnancy right now?



Family Planning Clinic

Scan the QR code to find a family clinic location that is near you at reproductivehealthservices.gov