

FAMILY PLANNING

- Family planning
 - Couple plans when to have children, using birth control & other techniques
- Birth control - Regimen, devices or medications followed in order to deliberately prevent or reduce the likelihood of pregnancy or childbirth
- Contraception - Mechanism which are intended to reduce the likelihood of the fertilization of an ovum by a spermatozoon

OBJECTIVES OF FAMILY

PLANNING

- To regulate age of female during 1st child birth
- To avoid unwanted pregnancy
- To determine number of children in the family

INCLUDES

- Sex education
- Education on parenthood
- Marriage counselling
- Genetic counselling
- Carrying out pregnancy

tests

- Services for unmarried mothers
- Spacing and limitation of births
- Advice on sterility
- Providing adaptation services
- Screening of pathological condition of reproductive system
- Parameters used in evaluation of efficacy of acceptance of family planning
 - Spacing between 1st & 2nd child
 - Annual birth rate
 - Number of children

born

HEALTH ASPECTS OF FAMILY PLANNING

- 1. Women's health
 - i. Unwanted pregnancies > Unwanted pregnancies may lead to criminal abortion & mental disturbances among mother
 - Birth spacing > Repeated pregnancies increase the risk of maternal mortality & morbidity
 - iii. Timing of births > greater risk below 20 and above 30
- 2. Foetal health > advanced maternal age related to down

syndrome

- 3. Child health > Child mortality- Birth interval of 2 years reduces child mortality
- Child nutrition- Child receive full share of nutrition when family size is small
- Infectious diseases- Large families have increase risk of infections

PLANNED FAMILY

- 1st child when mother's age is 20 years or more
- Minimum spacing of 3 years b/w 2