



सत्यमेव जयते
ग्रामीण विकास मंत्रालय
भारत सरकार



FAMILY PLANNING

Facilitator Guide for SHG Meetings



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Ministry of Rural Development, Government of India



Dear Facilitator

This facilitator guide on **Family Planning**, is designed to help all facilitators under State Rural Livelihood Missions (SRLMs) in rolling out the Flipbook and disseminating key messages within the SHG groups and other community cadres. This session is part of a training package on Food, Nutrition, Health and WASH (FNHW) consisting of Flip books, Facilitator guides, Posters, Counselling Cards and Stickers.

The objective of this training on Family Planning is to empower SRLM staff, cadres and community at large with the knowledge to improve the family planning strategies for their families. This knowledge may consequently help to adopt correct family planning practices that will improve the wellbeing of the concerned women and their family leading to reduction in poverty and improvement in quality of life.

It should be kept in mind that this orientation package, although meant for SHG women, should serve as reference material for the entire family. Information provided under each session through flipbooks and this guide should be seen as collective learning for the family, and each member of the family needs to play their part to ensure that the messages are adopted by them in everyday lives.

The responsibility of getting these behaviors imbibed does not lie with women only, the men/husbands/older boys in the family need to ensure making arrangements for whatever is required to follow these practices on FNHW.

Objectives

After going through the module, the facilitator will be able to:

- Explain the significance of family planning, who needs it, correct ways of methods and preparations of birth control practices.

Initiate the Session

It is very important that in this session you do not allow the participants to perpetuate negative cultural taboos and myths. More importantly, ensure that participants truly understand the necessity and significance of family planning along with points to remember in preparation birth control measures. It should be made sure that these messages are well understood not only by women but by the couple and there should be complete understanding of the fact that family planning is the responsibility and consensus of both the husband and wife.

Case Study

Rajesh and Sunita got married as soon as Sunita turned 19 years and she had just entered college. She wanted to complete her graduation and had complete support of her husband and other family members for this. The couple decided that they should not have children till Sunita's graduation is over but did not know what to do and who to contact.

- ▶ Who should they get in touch with?
- ▶ What are the right methods for them to adopt?

Note: Do not explain any answer to the participants here, just listen to what they have to say.

Step 1: What is Family Planning

Initiate discussion with the group regarding family planning and what they know about it. (Encourage them to answer, Praise the women for answering correctly).

- In this picture, two families are shown. What difference can you observe between them?
- How many of you agree that a small family is a happy family and why?
- What do you understand by 'Family Planning'?



Discussion Points:

- The measures adopted to control the number of children and to maintain the spacing between children is known as Family Planning.
- First baby should be planned at least after two years of marriage.
- The spacing between two children should be a minimum of three years. This is desirable to allow the mother to restore her health and to avoid malnutrition in children due to frequent pregnancy.
- Small family is a happy family.

Discuss with the group and explain to them that women should have control on their bodies and have the right to plan their pregnancies. However, it should be the couple's joint decision to have children or plan families, since both parents share the responsibility of raising their children.

Step 2: Why is family Planning important

Now, ask all the participants to share their understanding on why family planning is important and the benefits of a small family along with disadvantages of a big family.

Harmful effects of repeated pregnancies

- Due to repeated pregnancies, the mother and her child suffer from malnutrition.
- The next child in the mother's womb is deprived of essential nutrients, which increases the likelihood of nutrient deficiencies in mother and her child.
- Shortage of various amenities (Food, Clothes, Education and Money etc.) at home because of limited income
- Anxiety, conflicts, quarrels in the family and lack of money for the education of children. This will lead to the next generation not getting adequate development and learning opportunities.

Benefits of Family Planning

The couple can have children when they think they are financially and emotionally ready to become parents

- In case of a second child, mother's body gets time to be healthy again.
- The child gets time for prolonged breastfeeding.
- Proper growth of the child. This is because the parents can devote adequate time in proper upbringing of the child which will not be possible if there are more children requiring attention.
- The amenities of the family are optimally used if there are fewer members.

Video: Family Planning: A Strong Investment for India <https://www.youtube.com/watch?v=D3KZxov5IYs>

Step 3: Who should keep family planning in mind

Initiate discussion with the group on which groups of people need to adopt family planning methods and practices. Ask the group to answer and then tell them-

Family Planning is important for the following:

Newly married, who do not immediately want children. These couples may like to complete their studies or get a better job or just spend time with each other before welcoming a child in their lives.



Couples, who wish to maintain space between two children but are not using any methods. It is better to space two children for the mother as well as the child.



Whose family has been complete—such couples who have two children.





Step 4: Correct ways of Family Planning

Ask the participants on the methods of family planning and ensure that participants truly understand the necessity and importance of temporary (short term) and permanent (long term) family planning methods. Encourage the women who answer these questions correctly.

- What are some of the family planning measures you know about?
- Are you aware that these methods could be temporary as well as permanent based on the need.

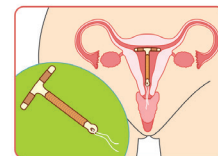
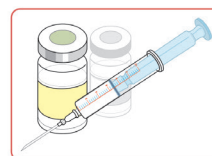
It is advisable to have this session along with presence of ASHA/ANM of your area so that use of these methods can be explained to the participants.

Temporary Methods (for short term)

These are methods to be adopted if you want a gap between children or want to delay having children. Whenever a couple wishes to have children or extend their family, they can stop using the family planning methods.

These are:

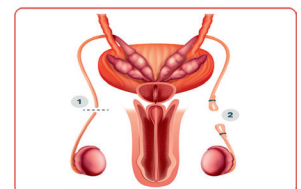
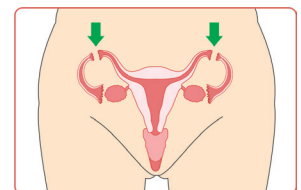
- Contraceptive Tablets
- Contraceptive injections
- Female condoms
- Male condoms
- Intra Uterine Device-Copper T



Permanent Methods (for long term)

Those couples, whose family is complete, and do not want any more children can use such measures

- Tubectomy and Vasectomy.
- Sterilization procedure is available for both men and women. For women, it is often called "getting your tubes tied" or "tubal ligation". For men, these sterilization methods are called a vasectomy. Both of these contraception methods are quite effective to prevent pregnancy.








All family planning methods (temporary and permanent) are available free of cost at all government health centres/hospitals

Play the video and discuss on the right IUCD-Intra Uterine Care Devices as a solution to family planning method.


Video: IUCD campaign emotional bonding <https://www.youtube.com/watch?v=zRg7LXQTCjc>

Refer to the table below for details on various temporary and permanent family planning methods.

Temporary family planning methods

Measures	When to apply/use	When to apply/use	Initial troubles
Contraceptive pills 	Six months after delivery	<ul style="list-style-type: none"> • Easy usage, can be used regularly • Safe for most of the females • No interruptions during sexual intercourse. 	<ul style="list-style-type: none"> • Irregular menstrual cycle • Heavy flow during menstruation • Gastro-intestinal discomforts • Mild headache
Contraceptive injections 	Six weeks after delivery	<ul style="list-style-type: none"> • Safe to use • No risk of pregnancy till 3 months 	<ul style="list-style-type: none"> • Irregular flow during initial months of menstruation • Change in body weight
Copper T 	Immediately after delivery or after 6 weeks	<ul style="list-style-type: none"> • Safe to use • No risk of pregnancy up to 5 years 	<ul style="list-style-type: none"> • Heavy flow during initial months of menstruation
Exclusive Breastfeeding 	Since birth till the child is six months old	<ul style="list-style-type: none"> • Exclusive breast feeding prevents chances of conception • Safe to use • Reduces obesity in mothers 	<ul style="list-style-type: none"> • Stopping of menstrual bleeding
Condom (Male/Female) 	Whenever you have sexual intercourse	<ul style="list-style-type: none"> • Effective immediately • Prevents sexually transmitted diseases • Usage can be stopped anytime • No effects on breastfeeding or milk production 	<ul style="list-style-type: none"> • Carefulness during its usage

Permanent family planning methods

Measures	When to apply/use	Benefits
Tubectomy	<ul style="list-style-type: none"> • Immediately or within one week of delivery. • At anytime when no more children are desired. 	<ul style="list-style-type: none"> • Permanent method • No interruption in sexual intercourse
Vasectomy	<ul style="list-style-type: none"> • At any time, when no more children are desired 	<ul style="list-style-type: none"> • Permanent method • No interruption in sexual intercourse
		After operation, for initial 3 months use condom during sexual intercourse.

Step 5: Other Points for Consideration

Emergency (During confusion) Contraceptive Pills: After unprotected sex, consumption within 3 days (72 hours) can prevent unwanted pregnancy.



Contraceptive Pills: Consume one tablet daily. In case you forget to consume the tablet then consume two tablets the next day.



Condoms: Use with caution. Use a condom once. Do not use it again. If the condom bursts, then consume a contraceptive pill.

If you have conceived while using family planning measures, then consult the nearest health facility centre.





Points to be remembered during counselling a woman for adopting family planning methods:

Identifying potential women to adopt the correct family planning method. Counselling the woman, her male counterpart and sometimes to her family members may be required. The person involved requires some basic counselling skills which include certain do's and don'ts as mentioned below:

Do's	Don'ts
<ul style="list-style-type: none"> • Use simple and common language that is easy to understand. • Use open ended questions. • Practice active listening. • For effective counselling and explanation, use voice modulation, facial expressions and body language 	<ul style="list-style-type: none"> • Panic while talking. • Misinterpret what is being said, try to probe more if you are not sure of what is being communicated. • Attempt solving problems in haste. • Frequently interrupt women who are being counselled. • In-depth enquiry about bitter and bad experiences. Be sensitive. • Pass any negative comments on anyone while counselling.

Why is family planning needed in India?

Family planning leads to a reduction in birth rate of children and therefore the number of dependents in a family. Family planning is also necessary for rapid economic development of India. As the growth of population is reduced in absolute numbers, the per capita income will rise.



What is family planning?

Family Planning involves **planning the number, frequency and timing of pregnancy**. In other words it is. a program to regulate the number and spacing of children in a family through the practice of. contraception or other methods of birth control.

Role of Self Help Group

- ▶ The group should ensure that all members are aware of the various family planning methods available and they should be able to advise their family members accordingly.
- ▶ The SHG members should keep their family informed that all methods are available free of cost at the government health facilities.
- ▶ The SHG members should be able to collaborate with ASHA and ANMs when required.

Note: The Self Help Group should be ready to support those members who face problems or find it difficult to convey these messages and convince their families.

Session concludes: End the session by revisiting the questions from the case study and their answers. Thank the participants and close.



The Food, Nutrition, Health and WASH (FNHW) Toolkit has been developed by the National Mission Management Unit (NMMU) with support from Technical Assistance agencies–TA- NRLM (PCI) and inputs from ROSHNI–Centre of Women Collectives led Social Action, National Institute of Rural Development (NIRD), State Institutes of Rural Development (SIRDs), National Resource Persons (NRPs), State Rural Livelihood Missions (SRLMs) of Bihar, Chhattisgarh, Jharkhand, Odisha, Uttar Pradesh, Andhra Pradesh, Telangana and Maharashtra, JEEViKA Technical Support Program–Project Concern International (JTSP-PCI) and UNICEF state teams from Odisha, Bihar and Chhattisgarh.

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