



सत्यमेव जयते

ग्रामीण विकास मंत्रालय
भारत सरकार



FAMILY PLANNING

Flipbook for SHG Meetings



Deendayal Antyodaya Yojana – National Rural Livelihoods Mission (DAY-NRLM)

Ministry of Rural Development, Government of India

INSTRUCTIONS FOR THE FACILITATOR



- Each Flipbook has a facilitator guide attached, please read the guide thoroughly to familiarize yourself with the contents of the session.
- The facilitator guide provides additional information on the topic so that the facilitator is equipped to address any questions, doubts raised by participants while the session is rolled out.

Start the session by greeting the participants and informing them about this session

- Each card has two sides. The front pictorial side is illustrated for the participants.
- The back with descriptive messages, is for the facilitator to read, understand and explain to the participants.
- The facilitator must display the pictorial side to the participants first and ask what they understand. The Flipbook should be passed around the group members, if the pictures are small and difficult to see from a distance.
- After that, the facilitator should explain the message related to the picture.
- In case a participant has any query, the facilitator must patiently try to listen, understand and address the query.
- After a detailed explanation of the flipbook content, the facilitator should check understanding among the participants by asking questions and re-iterating the key messages.

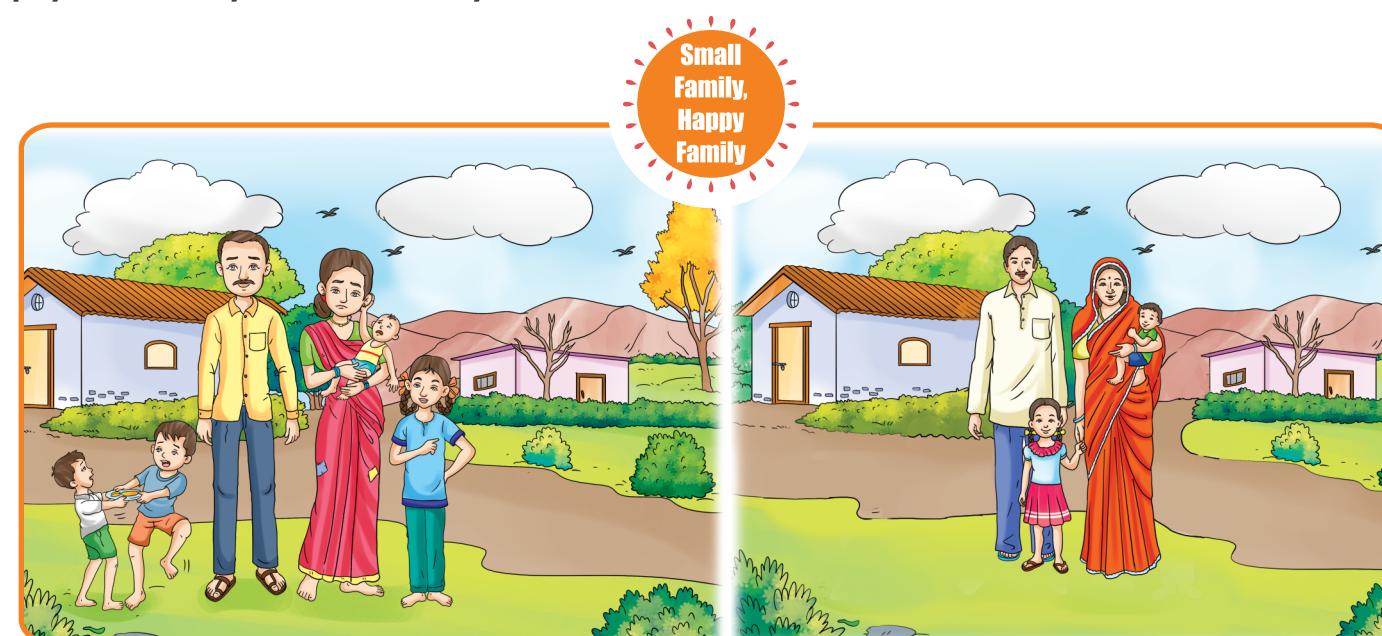


SMALL FAMILY IS A HAPPY FAMILY



Initiate discussion, ask the group members and encourage them to answer

- 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'?



Note: It is very important that the participants do not let any negative sentiments come in during the session and the traditional practices and taken into consideration. However, the associated myths should not be encouraged. More importantly, the need and importance of family planning, its methods and other important considerations should be well understood and put to practice.



What difference can you observe between these two families ?

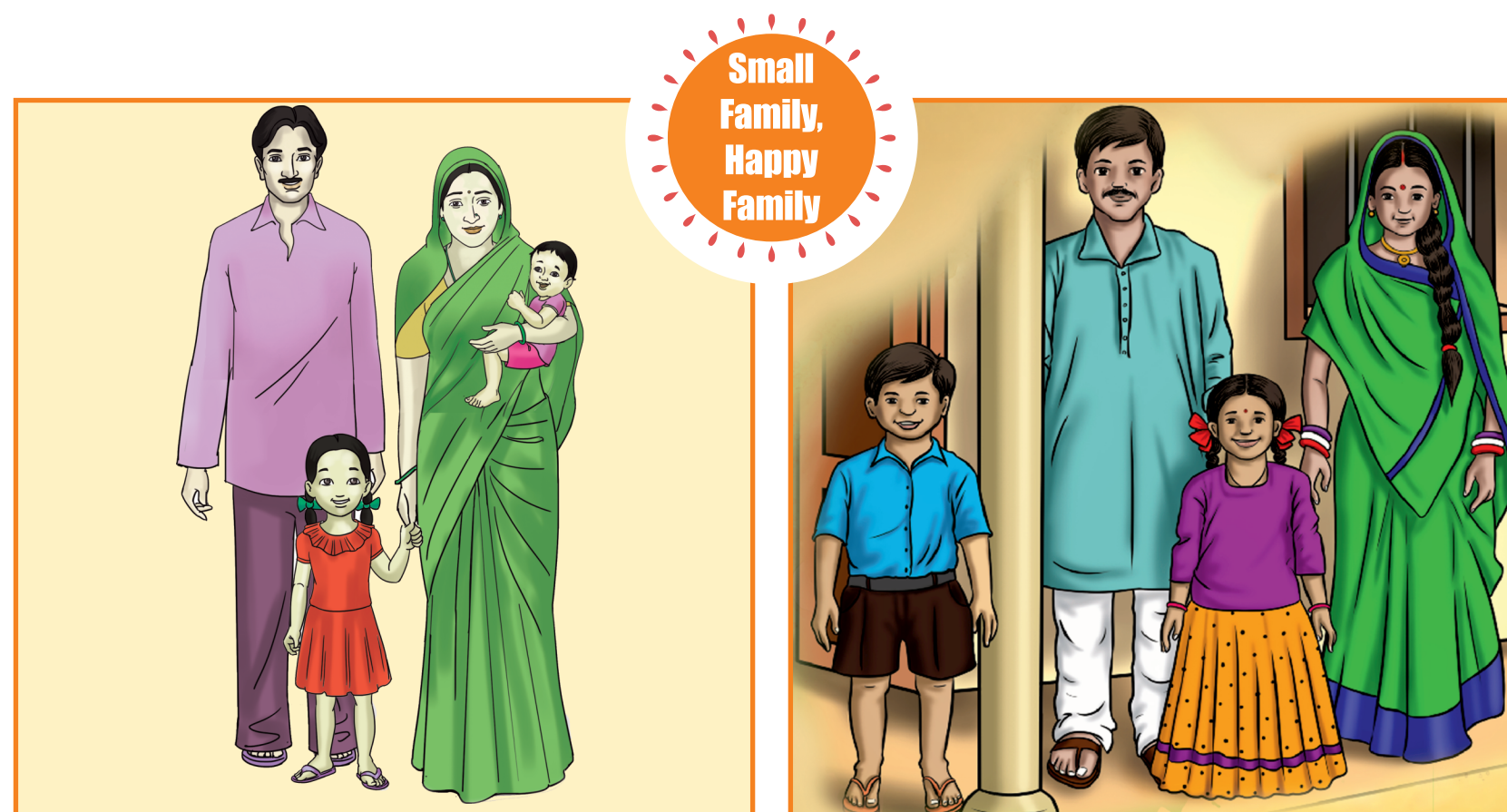
Small
Family,
Happy
Family



WHAT IS FAMILY PLANNING?

- 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 minimum of three years. This is desirable to allow mother to restore her health and to avoid malnutrition in children due to frequent pregnancy.
- Small family is a happy family.

You Have The Right to Plan and Decide Your Next Child Birth



WHAT IS FAMILY PLANNING?



Small
Family,
Happy
Family



You Have The Right to Plan and Decide Your Next Child Birth



WHY IS FAMILY PLANNING IMPORTANT?

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.
- Anxiety, conflicts, quarrels in the family and lack of money for education of children.

Benefits of Family Planning

- Mother's body gets time to be healthy again.
- The child gets time for prolonged breastfeeding.
- Proper growth of the child.
- The amenities of the family are optimally used if fewer members.



WHY IS FAMILY PLANNING IMPORTANT?

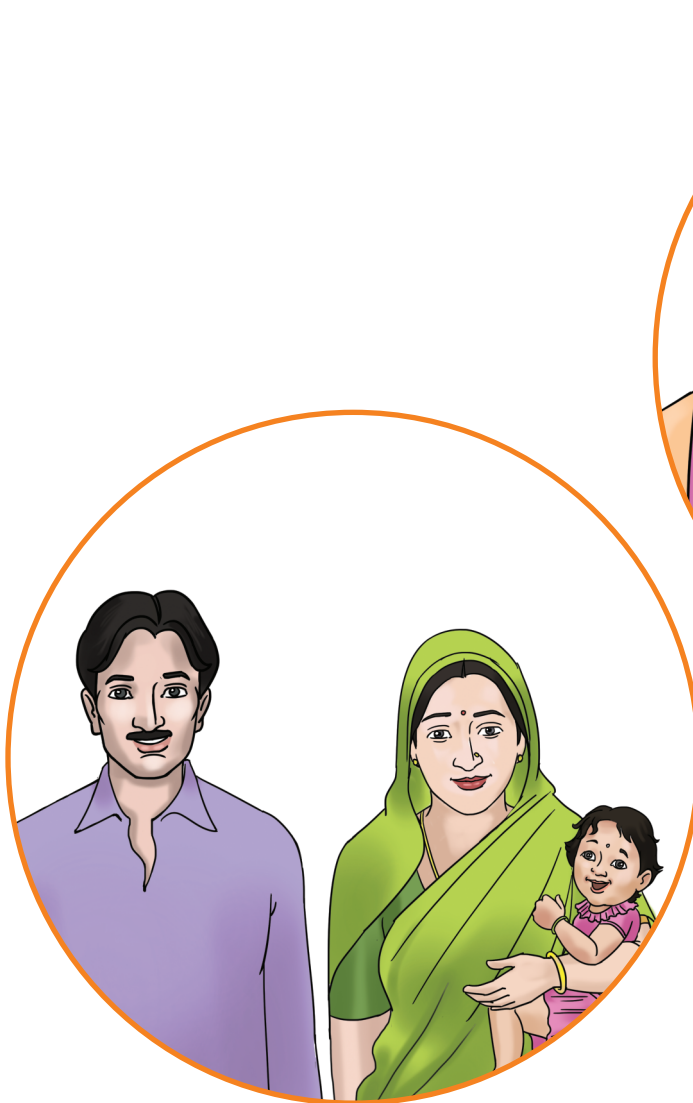


For good health of the mother & children and also to ensure adequate resources in the family

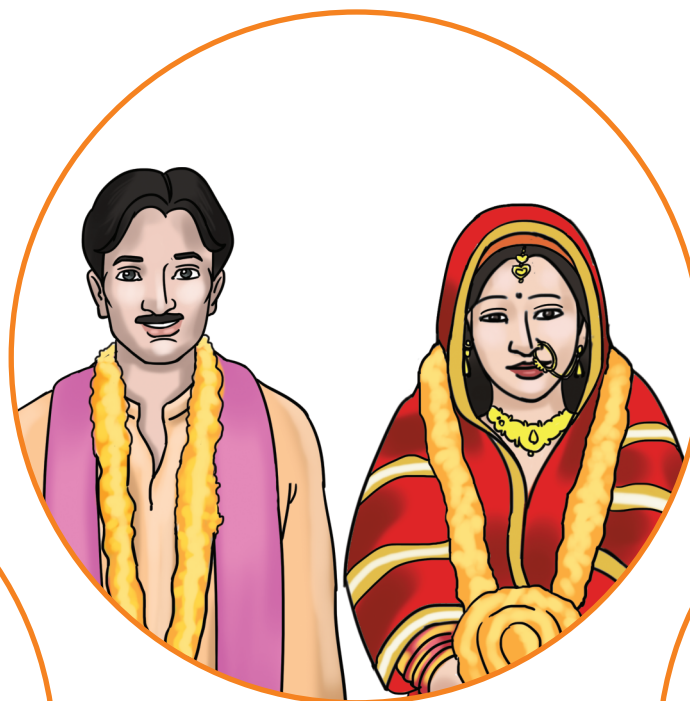


WHO SHOULD KEEP FAMILY PLANNING IN MIND?

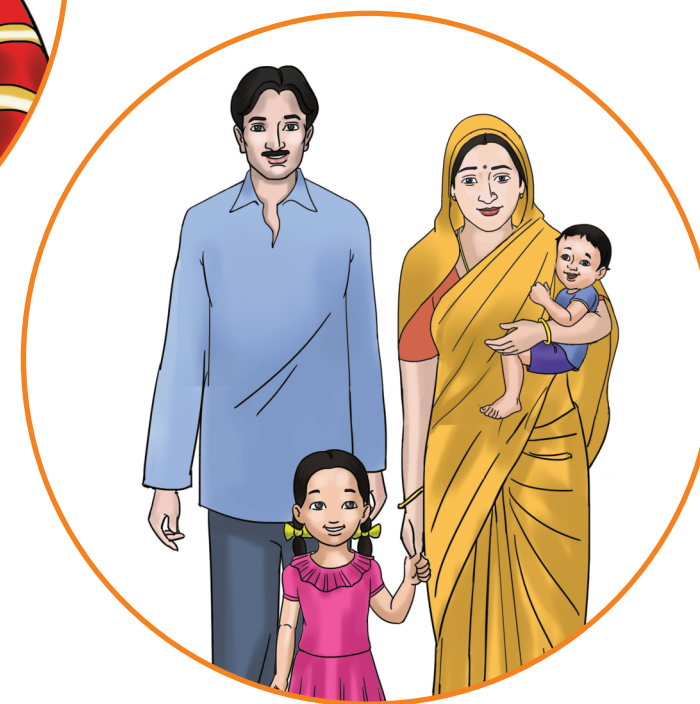
Family Planning is important for the following:



Couples willing to
maintain space
between two children



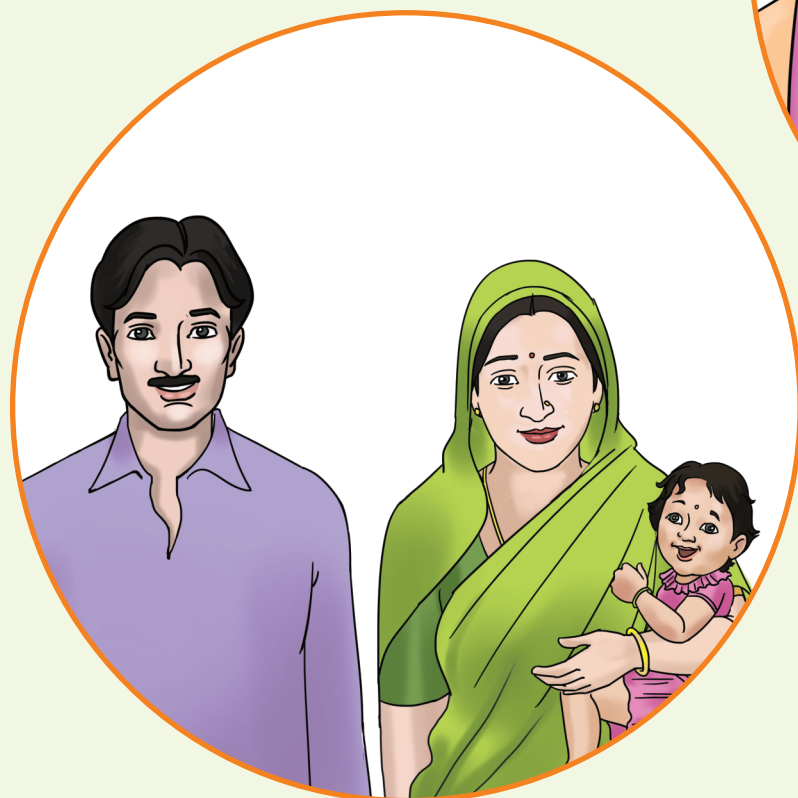
Newly married
couples



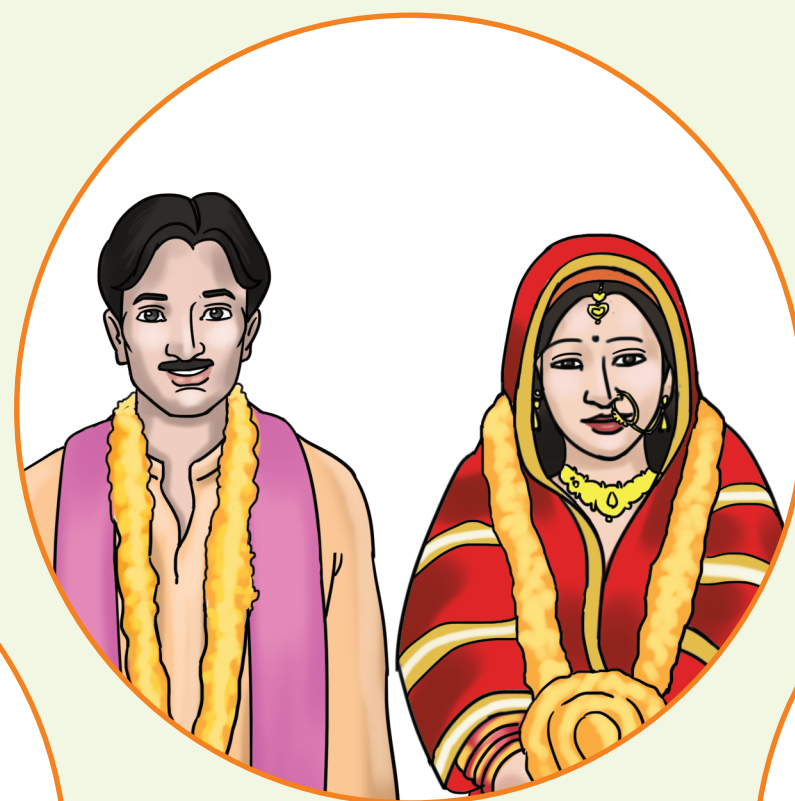
Such couples whose
family is complete
and they don't want
more children



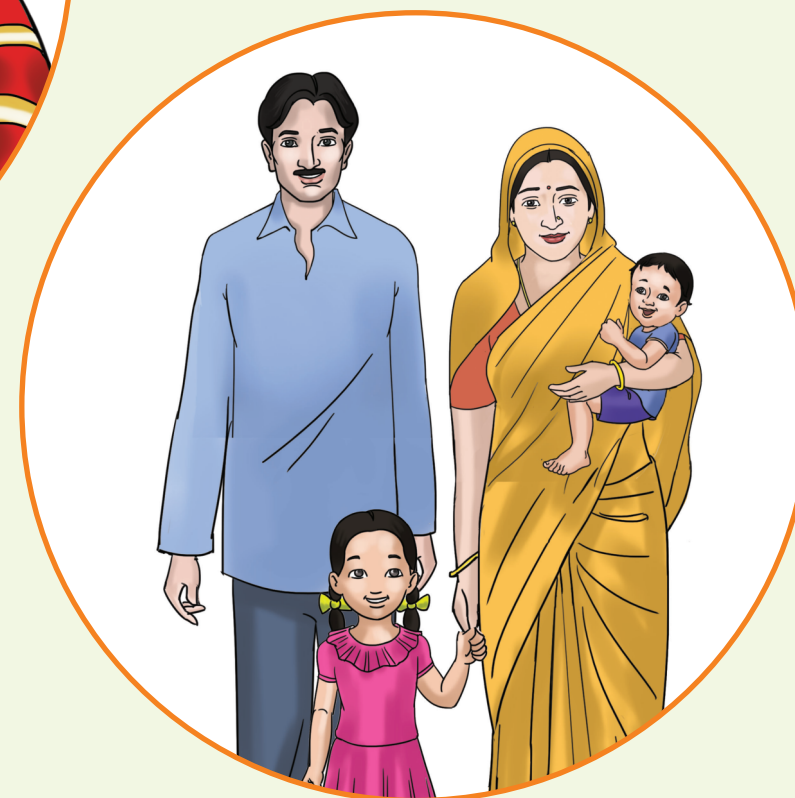
WHO SHOULD KEEP FAMILY PLANNING IN MIND?



**Couples willing to
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**Newly married
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**Such couples whose
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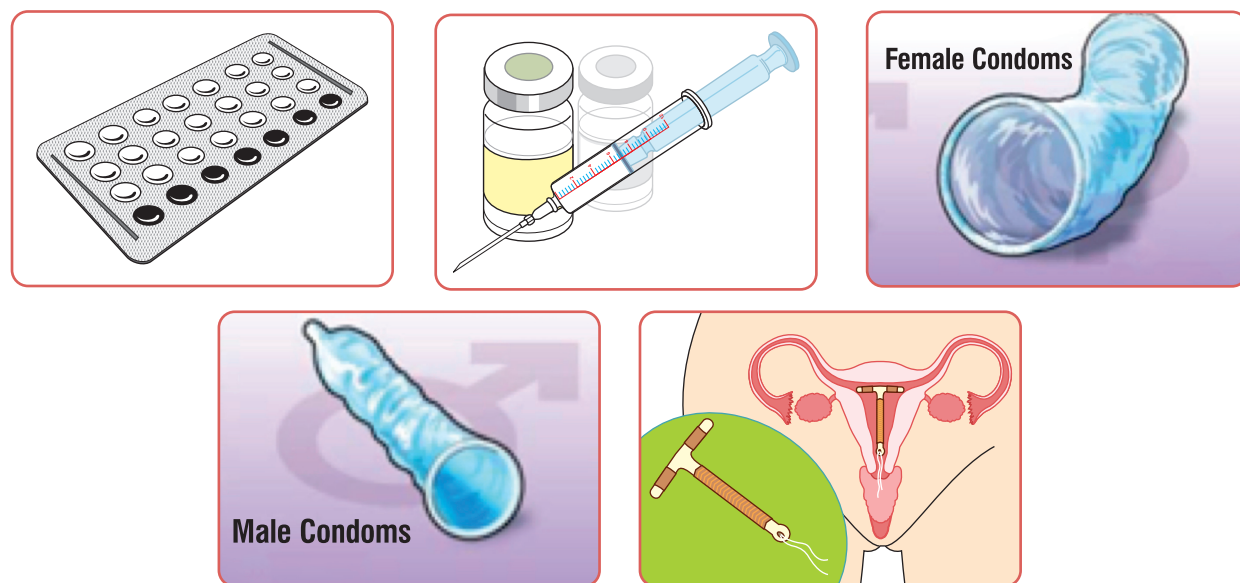


CORRECT WAYS OF FAMILY PLANNING

Ask the Group Members

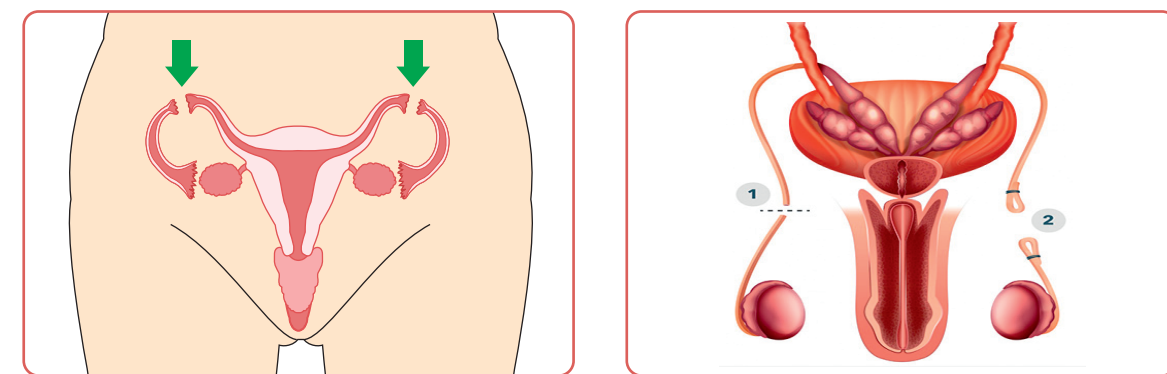
What are some of the family planning measures you know about?

Temporary Methods (for short term)



Whenever a couple wishes to have children or extend their family, they can stop using the family planning methods.

Permanent Methods (for long term)



Those couples, whose family is complete, can use such measures.

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

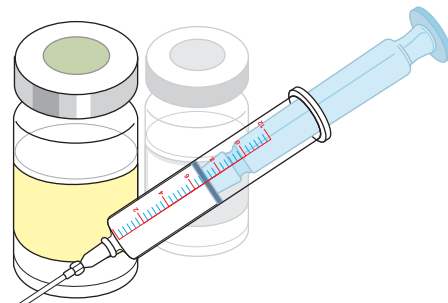


CORRECT WAYS OF FAMILY PLANNING

Temporary Methods (for short term)



Contraceptive tablets



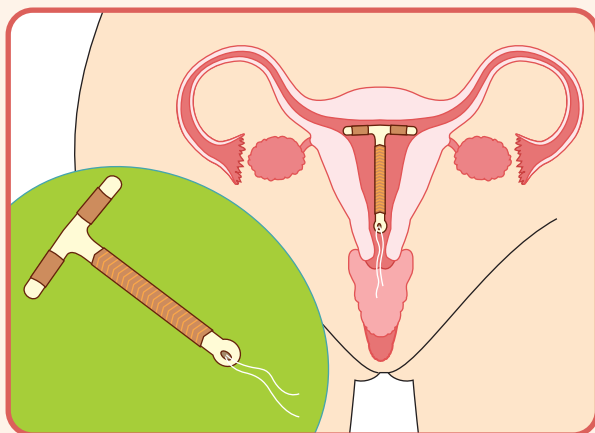
Contraceptive injections



Female Condoms

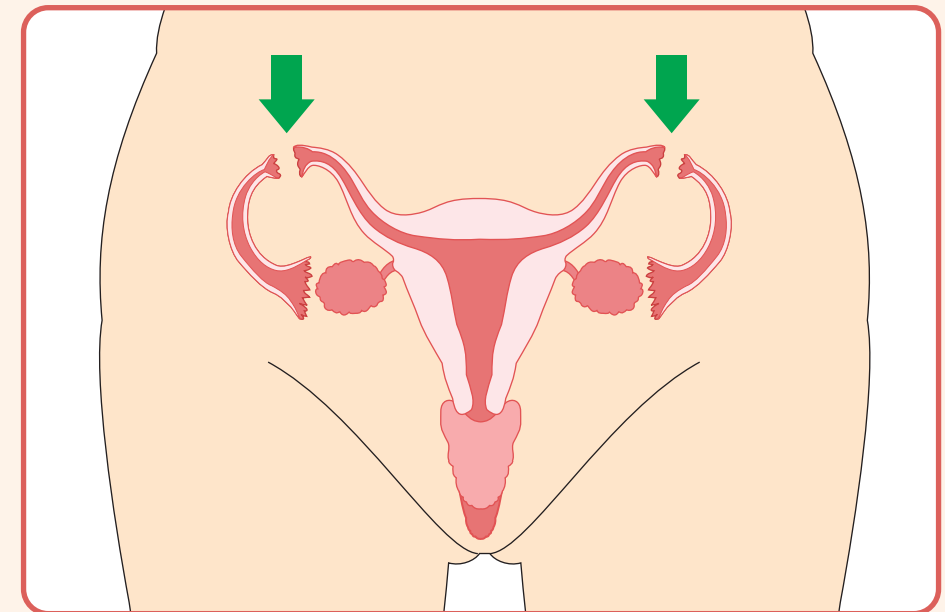


Male Condoms

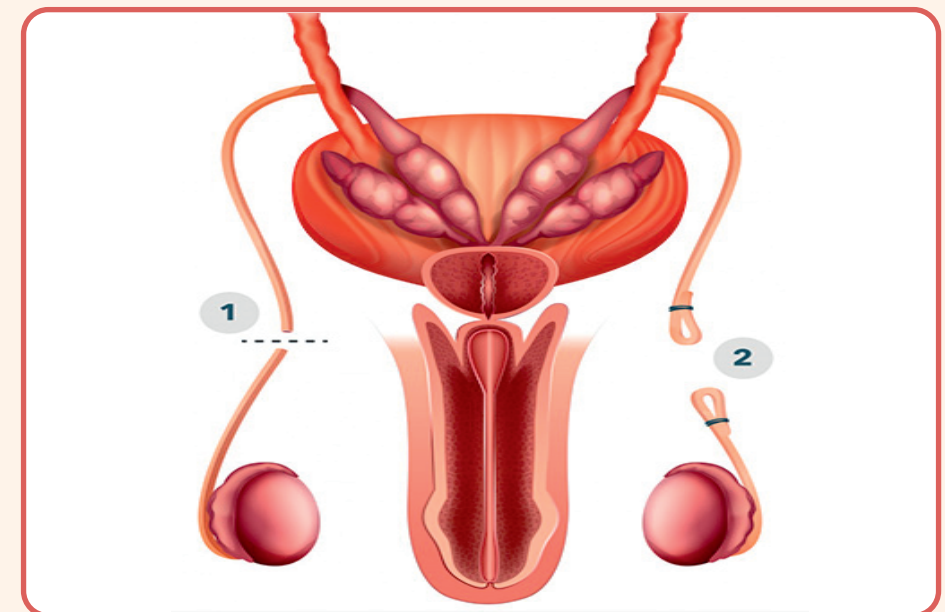


Intra-uterine
device-Copper T

Permanent Methods (for long term)



Tubectomy



Vasectomy



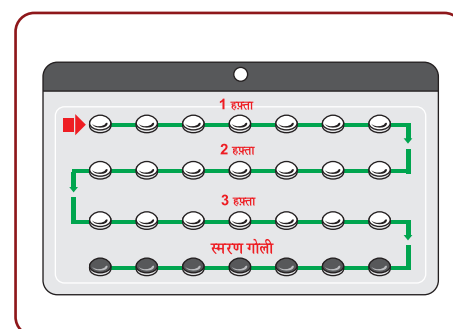
SOME CONSIDERATIONS WHICH WILL HELP IN FAMILY PLANNING

Emergency (During confusion) Contraceptive Pills



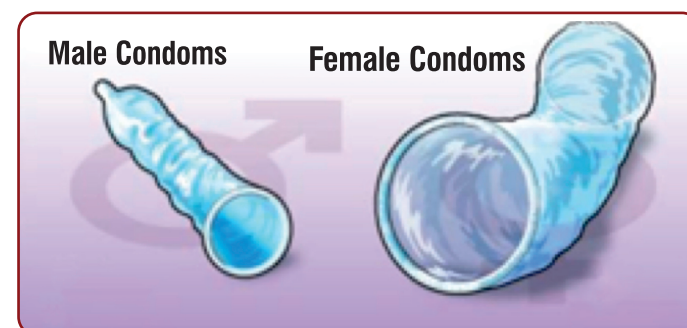
After unprotected sex, consumption within 3 days (72 hours) can prevent unwanted pregnancy.

Contraceptive Pills



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

Condom



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

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



SOME CONSIDERATIONS WHICH WILL HELP IN FAMILY PLANNING



Emergency contraceptive pill

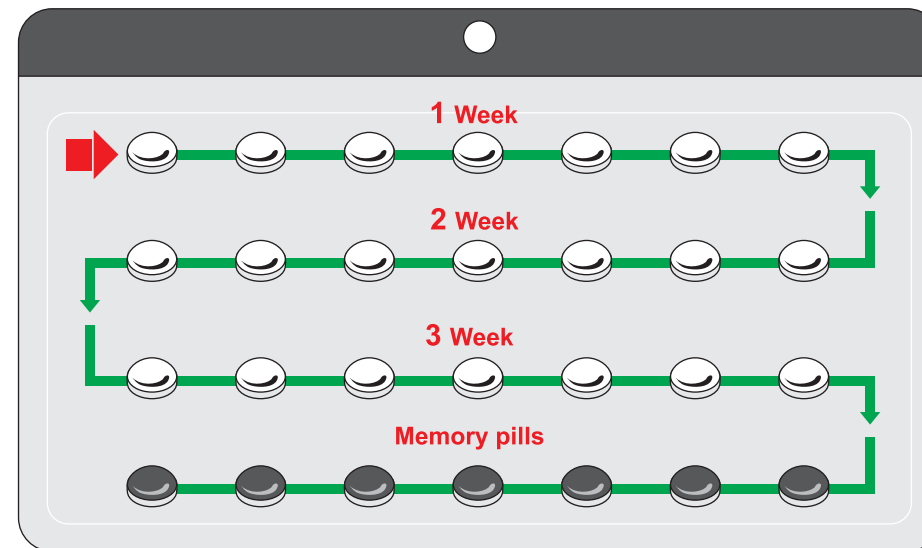


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Within three days



Contraceptive tablets



Condom

Male Condoms



Female Condoms



KEY MESSAGES AND ROLE OF SELF HELP GROUPS

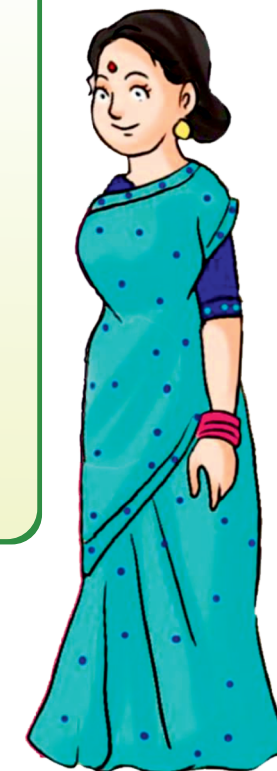
Key Messages

- The measures adopted to control the number of children and to maintain the spacing between children is known as Family Planning.
- Girls married early, newly wed couples, those wanting to space their children and those who do not want more children should adopt family planning measures.
- There are various methods available for family planning and couples may choose as per their requirement.

Role of Self Help Groups

- 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.

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.



**Let us ensure that key messages of this session
are reflected in our daily behaviours**



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.

The standard materials of Ministry of Health and Family Welfare (MoHFW), Ministry of Women and Child Development (MoWCD), National Centre for Excellence & Advanced Research on Diets (NCEARD), Alive & Thrive, JTSP–PCI and UNICEF have been referred while finalizing the content.

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