Family Planning: Every Woman, Every Time

**Contact Point**

- ANC Visits: Exclusive breastfeeding (EBF) and lactational amenorrhea method (LAM); Healthy timing and spacing of pregnancy (HTSP); counseling on PPIUD or, if interested in limiting, postpartum tubal ligation
- At birth and discharge: Initiate immediate and exclusive breastfeeding, LAM, confirm PPIUD or sterilization after timely counseling and informed choice, plus provision of method
- Postnatal care visit (scheduled per WHO or national guidelines): Counseling and informed and voluntary choice of method, plus provision of method as appropriate based on breastfeeding status and timing of PP method initiation, EBF/LAM
- Well child, immunization and nutrition visits: Counseling and informed and voluntary choice, plus provision of method

**Family Planning Integration**

- Skilled birth attendant (SBA), ANC provider, and/or dedicated counselor
- SBA, linked provider, or referral
- EPI or MCH worker, or linked or dedicated provider

**Provider**

- Pregnancy identification by CHWs and referral for ANC, danger signs
- Birth preparedness/complication readiness, introduce postpartum family planning
- Enrollment in breastfeeding/LAM support groups

**Community**

- Notification of births
- First home visit for PNC, referral for danger signs
- Support for EBF/LAM, including support groups
- Additional PNC home visits, referral for danger signs
- EBF support, LAM advice up to 6 months, emphasize fertility will return prior to menses return as baby starts complementary food, mother still needs to breastfeed, but to prevent another pregnancy should start FP
- Community-based distribution of condoms and hormonal methods as appropriate given infant age/lactation (i.e., no combined hormonal contraception before 6 months)

---

**Postpartum Contraception Selection Chart**

**All Women**

- IUD
- EMERGENCY CONTRACEPTION
- DIAPHRAGM/CERVICAL CAP
- LACTATIONAL AMENORRHEA METHOD
- PROGESTIN ONLY
- COMB. ESTROGEN-PROGESTIN
- COMBINED ESTROGEN-PROGESTIN

**Breastfeeding Women**

- FEMALE STERILIZATION

**Non-breastfeeding Women**

- MALE STERILIZATION

For more information, visit [http://k4health.org/toolkits/ppfp](http://k4health.org/toolkits/ppfp)