

PLAN YOUR CHILDREN



**FOR HEALTH
AND HAPPINESS**

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A WORD ABOUT YOUR NEXT BABY

Like other American mothers you want to have strong, healthy children who will be a credit to their parents and to their country.

You and your husband needn't be rich to be good parents. There are millions of families with small incomes in which children grow up to be healthy and useful citizens. But a baby does need some things which you should be prepared to give him—healthy parents, a happy home, good food, sunshine and outdoor play. That's why it's important that you *plan* your children.

ABOUT UNPLANNED BABIES

Most people would think it silly to start building a house, a bridge or an automobile before they had some kind of a plan to help them build it. But there are still lots of parents who start to build a human life without giving careful thought as to whether their baby will begin life in good health or whether they will be able to give it a decent home and care.

More babies have been born in the United States in the past few years than at any other time in our history. The country needs and wants lots of babies, of course. Unfortunately many of those being born are not healthy babies. Many of them could have been healthy if they

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had been properly planned. Some parents are still having a baby when they are not well. This may mean a baby who starts life with the handicap of illness.

Some babies are still being born too soon after an older brother and sister. This means less strength for the new baby because the mother hasn't had a long enough rest between babies to bear a really healthy child.

Some are being born into families where the parents already have more than they can do to care for the other children. This means for all children in the family, less food, less chance for education and play, and less care, which may lead to delinquency and crime.

None of the babies born under these conditions have the chance, which parents should give them, of growing up strong and healthy.

SPACE YOUR BABIES

Your doctor will tell you that you should be well and strong before you start to have a baby. He will tell you too that your children have a better chance of being healthy if they are born at least two years apart, rather than only a year apart. When babies are born two years or more apart, the mother has a chance to get back her strength before she has the next one. Furthermore babies do cost money, and so more time between them gives the family budget a chance to recover, too.

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WAYS TO PLAN YOUR CHILDREN

Birth control can help you plan your children so that you can have the number of babies you want and have them at times when you and your husband are well and able to take care of them. Birth control means the use of medically approved methods to postpone pregnancy until you are ready for it. The method your doctor advises for you is completely harmless.

Planning your children does not only mean being able to wait until you are well enough and able to take care of a baby. Family planning also means being able to have your baby when you *do* want it. Sometimes parents find that for natural reasons the mother does not become pregnant when the parents want a child. New discoveries in medicine give fresh hope to women or men who find they do not have children when they want them.

YOUR QUESTIONS ANSWERED

In order that you will have a better understanding of the means of family planning here are the answers to the questions which people most often ask:

What is birth control?

It is a safe and simple way to plan for your children and to have them when you want them.

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Is it an operation?

It is not an operation of any kind.

Is it an abortion?

Definitely not. An abortion requires an operation. It kills the life of a baby after it has begun. It is dangerous to your life and health. It may make you sterile so that when you want a child you cannot have it. Birth control merely postpones the beginning of life.

Is birth control harmful?

As long as you have a doctor prescribe the method of birth control which suits you best, birth control cannot hurt you in any way.

Will it keep me from having a baby when we want another?

No. When you want another child, you simply stop using birth control. You will then be as free as before to have a baby.

Is birth control immoral?

It has been approved by most of the organized church groups of the Protestant and Jewish faiths. The Catholic Church recognizes the need for family regulations but approves only of the "rhythm" method rather than accepted medically prescribed methods. Religious organizations which have endorsed birth control include: Federal Council of Churches of Christ in America (Committee on Marriage and the Home) and the Central Conference of American Rabbis.

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Will birth control change the natural relations between my husband and me?

No. It will make married life happier because you will not be afraid of having a baby when you are not ready for one.

Should I buy birth control products sold in drug stores or advertised in magazines?

It is better to have a doctor prescribe them for you. Many of these products are not safe or dependable; some are dangerous. Get a doctor's advice before you waste money or injure your health by using wrong products.

Where can I learn how to use birth control?

A doctor trained in the best methods of birth control can teach you. First, ask your own doctor. If he cannot help you, or if you have no doctor, the address on the back cover will tell you where you can go to see a doctor about planning your children.

How much will birth control advice cost?

Never more than you can pay. Help will not be refused to those who need it.

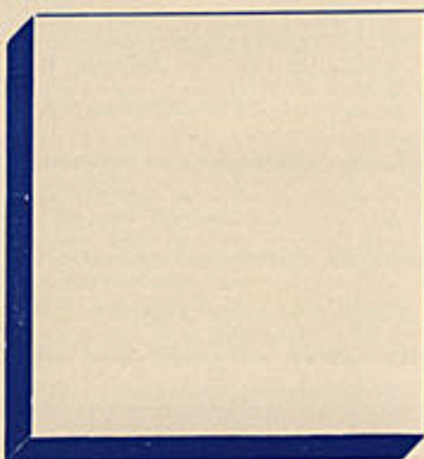
What if I want a baby and can't have one?

Again you need the advice of a doctor. Many couples don't have children because of conditions which can be easily corrected by a doctor who is an expert in that line. If your doctor can't help you, he will tell you of one who can or you can go to the address on the back cover and obtain the name of a doctor who will help you have the baby you want.

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WHERE TO GO

You can learn about family planning and child spacing at the address below if the doctor finds you need this information for your health or well-being.



This pamphlet distributed by
Planned Parenthood Federation of America,
Inc.
501 Madison Avenue New York 22, N.Y.

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PLANNED PARENTHOOD FEDERATION OF AMERICA,
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"EVERY CHILD A WANTED CHILD"



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