

When can Asma become pregnant again

Suppose:

In Jamurail village Asma has three children, she has three years space for every child. When her youngest baby was three months old, the CHW reminded her, “Soon LAM will no longer prevent you from getting pregnant, so you should go to nearby health centre and take a modern family planning method after discussing with health provider.” Asma replied, “In the past, my menses returned two years later after every birth and I have not become pregnant again without menses; this has happened after the birth of each of my children. My mother and mother-in-law told me that without menses returning, I can not become pregnant. I have no need of using any modern method now. When my menses will return, I will take a modern method.”

Six months later Asma's sister-in-law (Bhabi) came to Asma's house to visit her. Bhabi asked, “How are you?” Asma said, “We are well.” Then Bhabi took Asma's baby in her lap and asked, “Asma, What is your condition! Are you pregnant again?” Asma replied, “I am five months pregnant.” Asma's Bhabi again said, “Your baby is too young but you are pregnant again. Had you not taken any modern method?” Then Asma said, “I did not believe that I could become pregnant again without first seeing my menses because, this never happened to me before.” Bhabi said, “My mother and mother in law also told me that without menses I could not become pregnant but after I learned from the CHW that actually you can become pregnant even before your menses return, I took a modern method and avoided becoming pregnant again.”

When did Asma's believe that she could become pregnant again?
When do you think you can become pregnant again after a delivery?

Messages

Remember:

- You may become pregnant before your menses return!
- When you can become pregnant after a delivery may differ for every pregnancy.
- If you do not breastfeed your baby after delivery, you may become pregnant as soon as one month after you deliver your baby.

- Even if you are exclusively breast feeding:

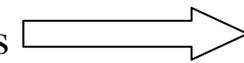
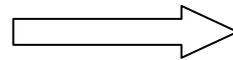
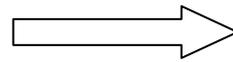
If your menses return

or

If you start to give food or other liquids
to your baby

or

If the age of your baby is more than six months



You may
get
pregnant
again at
any time

Benefits/advantages waiting at least two years before becoming pregnant:

- It is healthy for you and your baby.
- You can breast feed your child full two years.
- You can take care of your baby properly.
- You can do all the duties of your family perfectly.



Actions:

- Before you are at risk for pregnancy, take a modern family planning method for healthy spacing of your next pregnancy.
- Even if your menses has not yet returned, take a modern family planning method discussing with your health provider which is suitable for you.



This publication was produced with funds from the USAID but does not necessarily reflect USAID views and policy