

Preparation for Postpartum Birth Control After Baby



The purpose of this tool

The Birth Control After Baby booklet is intended to be a tool for supporting conversation and decisions around postpartum family planning.

The booklet describes the range of contraceptive methods, with notes about the way the method might influence lactation. Tips for talking a partner about sex, information about birth spacing and suggestions for getting the most out of a postpartum visit are included.

New parents could use this booklet as a way to start a conversation on this topic.

Birth Control After Baby is available in English and Spanish.



How you can talk about this tool

Potential words to introduce this tool:

After just having a baby, it is common for parents to not want to talk about birth control and have worries about having sex again.

Couples often have a lot of feelings and questions about sex and family planning after becoming parents. This booklet has tips that might help you talk with each other and to make a decision that feels right for you.

Special Considerations

This tool is not designed for people who experienced a miscarriage or infant loss.



When to give this tool

A good time to offer Birth Control After Baby might be during a 3rd trimester visit and/or at the postpartum visit. This booklet covers different types of birth control, common questions, and stories from real patients.



For more information, go to
NewMomHealth.com
and **SaludMadre.com**

Resources

For links to resources listed in this toolkit, follow the QR code.

