What is HTSP?
Healthy Timing and Spacing of Pregnancies (HTSP) is an approach to helping couples time their pregnancies to occur during a mother's healthiest years (ages 18-34) and space pregnancies by 3 to 5 years, improving both maternal and child health.

Why are the first 1,000 days of a child's life so important?
The first 1,000 days of a child's life are measured from conception to age two (2). The 1,000 days between conception and the child's second birthday offer an opportunity for the mother to breast-feed, provide healthy foods, and care for the child without having a new baby competing for nutrients.

What are the four (4) key HTSP messages?
1. Delay the first pregnancy until a girl is 18
2. Wait until a child is at least 2 before trying to become pregnant again
3. Wait at least six months before trying to become pregnant again after a miscarriage or abortion
4. Limit pregnancies to a mother’s healthiest years—ages 18 to 34

For more information, contact:
Susan Otchere
Project Director, Mobilizing for Maternal and Neonatal Health through Birth Spacing and Advocacy project (MOMENT)
sotchere@worldvision.org

Adrienne Allison
Senior Technical Advisor, Health Team
aallison@worldvision.org