Healthy Timing and Spacing of Pregnancies

4 KEY MESSAGES

1. Too young
   Delay your first pregnancy until you are at least 18 years old

2. Too old
   Limit pregnancies to a mother’s healthiest years, ages 18-34

3. Too close
   Wait at least 2 years after one pregnancy before trying for another

4. Too soon
   Wait 6 months after a miscarriage or abortion before trying for another pregnancy

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