

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

#LetsTalkHTSP

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