Healthy Timing and Spacing of Pregnancy (HTSP) TRANSFORMS MOTHERS’ AND CHILDREN’S LIVES

the FACTS

INFANTS BORN to teenage girls are almost 2X as likely TO DIE as those born to mothers age 20-24.

GIRLS AGE 15-19 are 2X as likely TO DIE in pregnancy and childbirth as those who are 20-24.

WITHOUT HTSP

Newborns have higher risk of: Neonatal DEATH, Preterm BIRTH, Low birth WEIGHT.

Mothers have higher risk of: Maternal DEATH, pre-ECLAMPSIA, MISCARRIAGE.

MOTHERS ARE LESS LIKELY to experience complications such as MISCARRIAGE or their own DEATH.

They can secure HEALTH BENEFITS for themselves and their children by BREASTFEEDING LONGER.

CHILDREN ARE MORE LIKELY to receive essential HEALTH CARE, FOOD, EDUCATION.

the HOPE WITH HTSP

AGE 20: First child: healthy and strong mom and baby.

AGE 23: Second child: spaced to allow healthy growth.

AGE 26: Third child: mother able to care for all children emotionally and physically.

MORE TIME BETWEEN PREGNANCIES = lower risk of complications for both mothers and children.

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