Think about your future as a family.
What do you envision or hope for? Do you have any specific goals for the future, that you want to achieve in 1-2 years? What are they?
Let’s figure out what it would take to achieve your goal, given your resources.
What are the total costs of [your goal]? / How much do you think you can save per month?

[ CALCULATE ]

\[
\frac{\text{Total Cost of Goal}}{\text{Amount Saved Per Month}}
\]

It looks like you could achieve this goal in __________ months! How does this sound to you?
Let's talk about how you could start saving money to put towards achieving your goal. You could...

1. Increase income by:
   • Taking an extra job
   • Making things to sell at the market

2. Decrease costs by:
   • Cutting expenses
   • Delaying your next child

Which of these strategies are you planning to use to achieve your goal? What barriers might you encounter?
One thing that young couples find surprising is how much raising children costs! In fact, a child costs more as he grows older. This is because they are consuming more resources—more food, more clothes.

In order to raise a healthy baby to maturity, it will cost a lot of money to provide food, school, clothes, shelter, and other things that they need. The cost to raise a child from infancy to age of sixteen equals about 60 bags of teff.
What do you understand from what you see here?

The first couple has no extra income or family plan. They have a baby and then keep having more babies. They don’t have the space and time to save for resources.

The second couple has a baby, and then saves up to buy a cow, which helps them make more money by selling milk. They wait to have more babies until they can save and buy more resources to support their family.

The third couple waits to have a baby. They save money by buying a cow and selling milk, and are able to build a house. Then they have a baby. They have money saved to buy what they need for the baby, a way to make more money, and a safe place to raise their family.

What do you think about these three couples?

Everyone has a finite amount of resources. When you space your children out, you’ll have more time in between children to accumulate more wealth. If we don’t plan our children along with our finances, we are not able to reach our financial goals.
Spacing your children is also important for the health of the mom and baby. When babies are born too close to each other, you will have to stretch your resources across caring for all of them.

If there aren’t enough resources during the pregnancy and after the birth, the mom and baby may not get enough to eat. This puts babies and mom at risk of malnourishment and stunting, and can make it hard for the mom to breastfeed the baby.

Becoming pregnant again too soon after giving birth puts the health of the mother, child, and future pregnancies at risk. Moms need at least two years to give their bodies time to heal and become strong again, or their next pregnancy could be risky. Babies need time to grow before there is another pregnancy so that they can get enough to eat.

When babies get enough care, food, etc, they will be happy and healthy!

Spacing births is smart and responsible; it shows that you are taking responsibility for the life and health of you and your family. There are ways that can help you space your births that we can talk about.

Thinking about your family, your family size, your resources, and your future, if you got pregnant right now, how would that change your plans?

Would you be open to having a discussion about how you can control when you get pregnant so that you can achieve your plan?
There are many contraceptive methods that you can get from your health service provider. All of the methods prevent pregnancy and have different benefits:

- The implant is easy to use and once you remove it, you can become pregnant right away!
- The IUD is easy to use, does not take away your period, and once you remove it, you can become pregnant right away!
- The injection is easy to use and very private!
- The daily pill makes your periods easier and when you’re ready to become pregnant, it is easy to stop using it!
- The emergency pill can be used after unprotected sex!
- Condoms are the only method that protect you from HIV and STIs as well!

All of the methods are temporary and completely reversible. Once you stop using them, your chances of getting pregnant are the same as they were before you started using them.

Some may have some mild side effects which are totally normal including some bleeding changes (like your period becoming lighter or stopping completely) and other mild changes in your body. These are totally normal and will not affect your ability to become pregnant after you stop using the method. You can always switch methods if you are not happy!

Would you like to discuss your needs and find out which method might be best for you? What have you heard about contraception in general? Are you using a method right now? If yes, which one? Are you happy with it? If no, why not?