

# ***Your Future and Children***

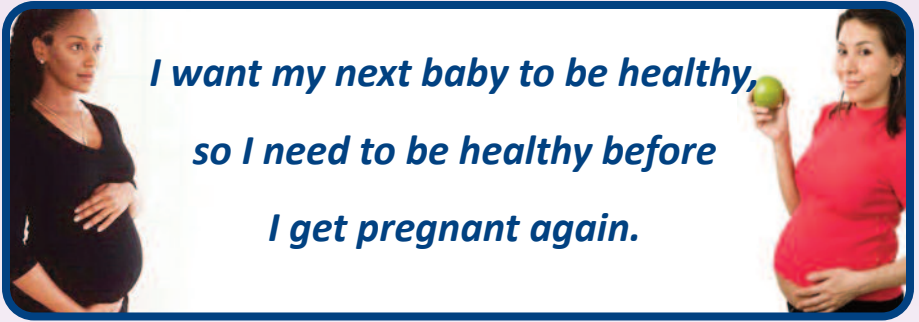
***Life plan for: \_\_\_\_\_***

A Life Plan is a set of personal goals about having (or not having) children based on your personal values and resources.



***Whether or not you plan to have more children,  
taking care of your health is important.***

***Setting goals for your future will help you  
and your family be healthier.***



*I want my next baby to be healthy,  
so I need to be healthy before  
I get pregnant again.*

### **Here are some examples of Life Plans**

- “I have three children now and don't want any more children. I'm going to talk to my doctor about getting a permanent birth control method.”
- “I would like to have two children and want to graduate from college and have a job before I have my next child. For now I will use a birth control method so I can prevent pregnancy until I am ready.”
- “I will let pregnancy happen whenever it happens. Because I don't know when that will be, I'll make sure I'm in good health for pregnancy at all times.”

**Use the questions on the next page to help  
you come up with your plan.**

**Take your plan with you the next time you  
visit your doctor so you can discuss it with her.**

## Life Plan Questions

Things to Think About	My Thoughts:
Do you want any more children?	
If you do not want more children, are you using a method of birth control to keep from getting pregnant?	
<b>If you want more children...</b> How Many More Children Do You Want?	
<b><i>Doctors recommend waiting at least two years after one birth before beginning the next pregnancy.</i></b>	
How long do you plan to wait until you become pregnant again?	
Are you using a method of birth control to make sure you do not get pregnant before you are ready?	
What are you doing to stay healthy?	
Do you currently have any medical problems? (such as high blood pressure, diabetes...)	
Do you take a multivitamin with folic acid every day?	
When was the last time you saw a dentist?	
When was the last time you had a general medical check up?	

**Show this completed form to the nutrition counselor if you would like to discuss it.**

***Discuss your Life Plan with your partner.  
Review your plan at least once a year to make  
sure you are still on track with your goals.***

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**To allow your body time to recover after delivering a baby, it is best to wait at least two years before getting pregnant again.**

If you want to prevent or delay pregnancy for now, talk to your doctor about the best birth control method for you.

**Here are some ways to stay healthy:**

- **Eat a healthy diet: include fruit, vegetables, and whole grains every day**
- **Take a vitamin supplement with 400 micrograms of folic acid every day**
- **If you have a medical condition, be sure it is well controlled**
- **Talk to your doctor or pharmacist regularly about any medicines you are taking, to make sure they are still the best for your health and goals**
- **Avoid using tobacco, illegal drugs, or alcohol**
- **Avoid substances that could be toxic or infectious**
- **Brush your teeth and floss every day. Healthy gums and teeth can contribute to a healthy pregnancy**
- **Keep up-to-date with required vaccinations**
- **Have a medical and dental checkup every year**

*This institution is an equal opportunity provider.  
South LA Health Projects/LA BioMed WIC Program*

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