

Let's Talk About Family Planning

UCSF MILK RESEARCH LAB | Family Planning Infographics
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Purpose: to provide you with resources to better guide and support your family planning decisions.

Data from the CHARM Study and focus groups that consisted of Black women and birthing people informed this project.

Thank you to all our study participants and community partners: The Bloom Collective and Breast Friends Lactation Support and Services.

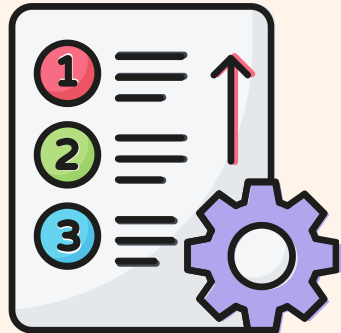
We would like to acknowledge our funders:

- UCSF/Kaiser K12 BIRCWH Program
- W.K. Kellogg Foundation
- Society of Family Planning Changemakers Award



Topics

Priorities:



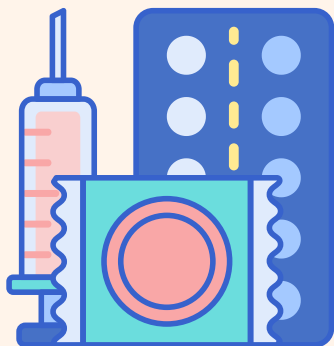
What is most important to you?

Prepare:



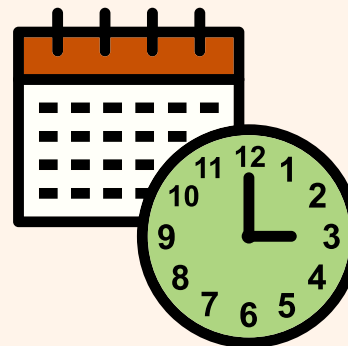
Plan, Explore, Advocate

Options:



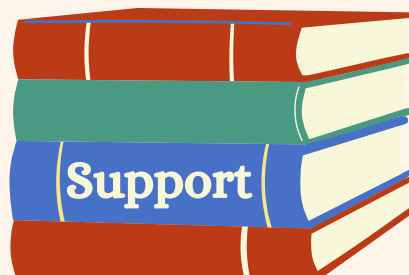
Birth Control for You + Your family

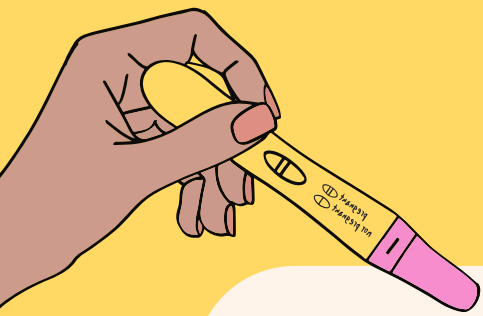
Timing:



When to Start, Stop, Continue

Resources:





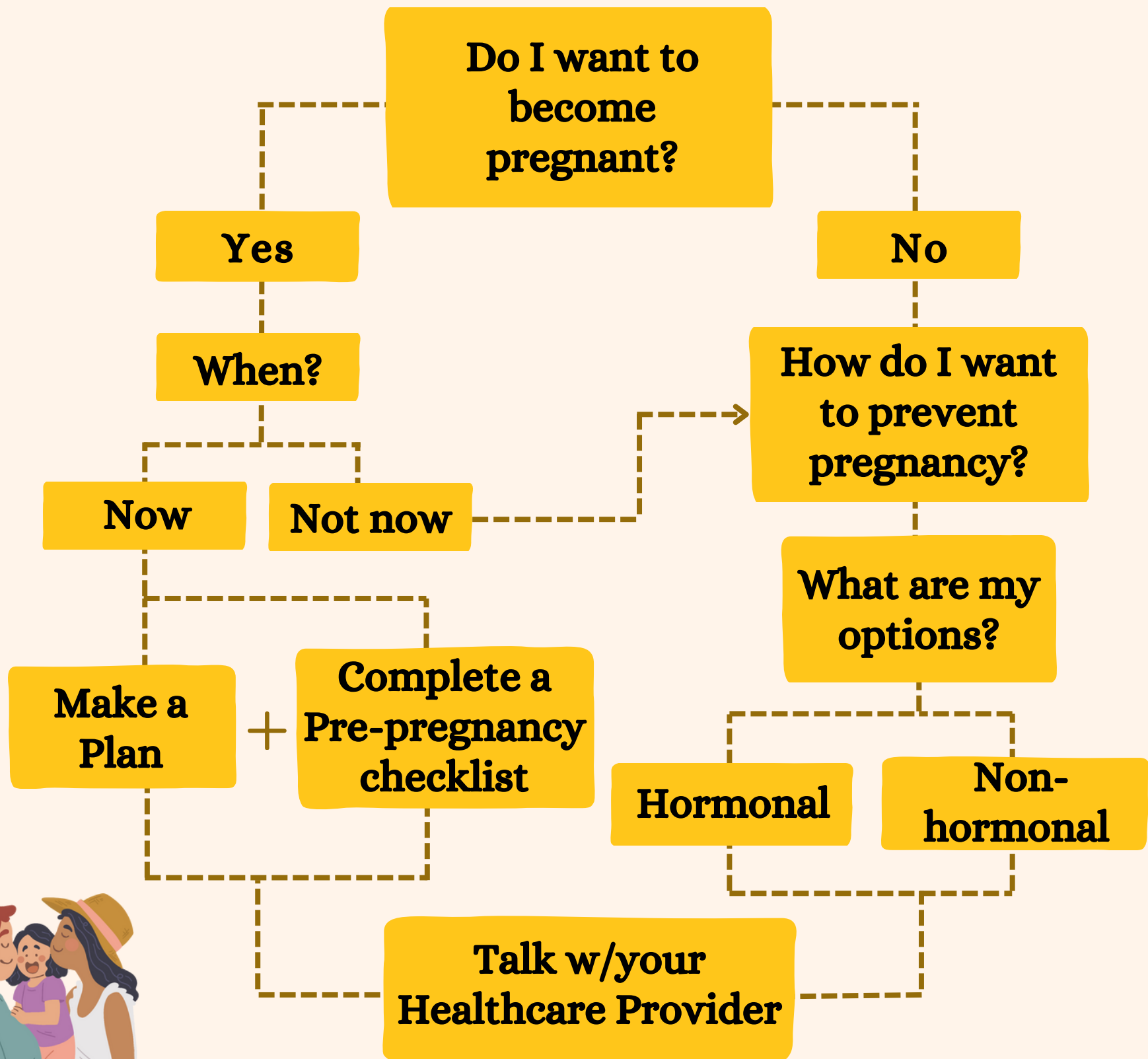
Priorities

What is most important to me?

- Lactation: feeding my newborn and/or toddler**
- Preventing pregnancy or becoming pregnant**
- Maintenance (every day or set and forget)**
- Hormones or no hormones**
- Stop and/or start on your own**
- Privacy/discreteness**
- Regular/irregular bleeding, period/no period**
- Affordability**



Ask Yourself...



Lactating?



Ask yourself...

- **Do I know what my options are for family planning and lactation?**
- **Can I use the Lactation Amenorrhea Method (LAM) as my family planning method?**
 - Has my menstrual period returned?
 - Is my baby <6mo?
 - Am I feeding my baby on demand both day and night?
 - Am I not feeding my baby other foods or liquids regularly?
- **What are my fears or concerns about using birth control while lactating?**
 - Will using birth control impact my milk production or supply?
 - Will the birth control hormones effect my baby?
- **What additional information do I need to make my decision?**



Prepare

Steps Towards Feeling Heard



Ask about **B**enefits, **R**isks, **A**lternatives, **I**ntuition, and **N**othing (**BRAIN**).



Utilize resources from this guide.



Communicate your values and feelings.



Bring a support person.



Request time to think.



Ask to see a different provider.





Plan

Meeting with your Provider

- Think about what information you need to make the best decision for you.
- Prepare your questions and concerns.
- Consider what's most important to you and your family planning preferences.
- Discuss your goals.
- Know your rights.**

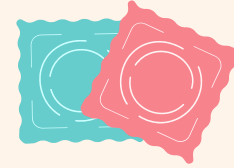


Remember that your reproductive healthcare decisions should ultimately align with your personal preferences, lifestyle, and needs. It's crucial to advocate for yourself and make choices that make you feel comfortable!

Options

Birth Control Methods

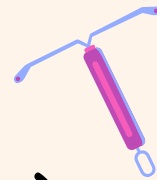
▶ NONHORMONAL



- Condoms
- Pull Out Method
- Copper IUD
- Fertility Awareness Method
- Lactation Amenorrhea Method (LAM)

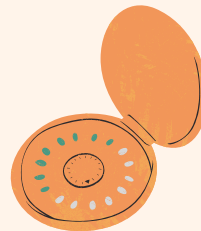
▶ LARC (LONG-ACTING REVERSIBLE CONTRACEPTION)

- IUDs
- Arm Implant
- Depo shot every 3 months



▶ HORMONAL

- Pill
- Patch
- Ring
- LARCs (Except Copper IUD)



SCAN FOR MORE INFO ON BIRTH CONTROL METHODS.

Timing

Your Plan, Your Decision



- Start exploring your birth control options during pregnancy.
- It may be helpful to choose your birth control method before the end of your pregnancy.
- Communicate what is most important to you with your provider.
- Not pregnant? Create a timeline for you and your family to guide your conversation with your provider.
- Remember your priorities in considering when to start a birth control method.

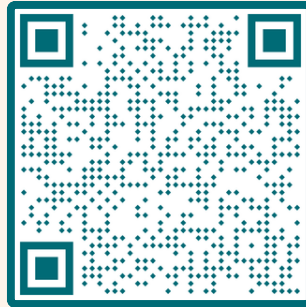


Resources

Bedsider.org



**Planned
Parenthood -
Birth Control**



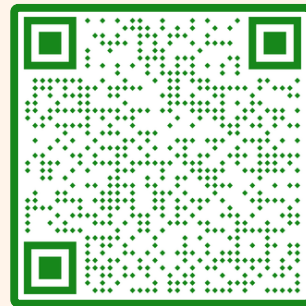
**Planned
Parenthood -
Breastfeeding**



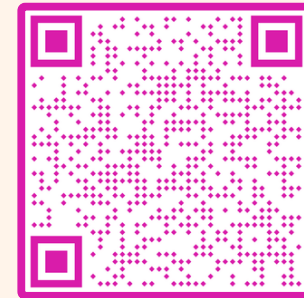
**Birth Control
While Breastfeeding**



**Black Birthing
Bill of Rights**



**La Leche League
Birth Control**



**CDC Pre-pregnancy
Health**



**CDC Planning for
Pregnancy Page**



**CDC Pre-pregnancy
Checklist**

