

The Risks of an Advanced Maternal Age or High Parity Pregnancy are Dangerous for Mother and Baby.

Family Planning Can Prevent These Dangerous Pregnancies

Talk with Your Client

ASK your client:



- Are you currently pregnant?
- Do you/your partner want to have a child in the next 12 to 18 months?

EVALUATE your client's situation:



- Is she advanced maternal age (AMA) or high parity (HP)? If she is age 35 or older, or has had five births, her next pregnancy may be dangerous.
- Regardless of her age or parity, does she know the risks of an AMA or HP pregnancy?
- Is she eligible for a modern Family Planning (FP) method? If delaying a pregnancy for months or for years, which modern methods would work for her?
- Explain to your client the dangers of AMA and HP pregnancies, and the importance of preventing them.

RESPOND to questions & concerns:



- Let her know you are there to help.
- If she is pregnant, counsel her on the benefits of antenatal care and schedule her for a follow-up visit. Discuss post-partum family planning options.
- If she/her partner would like to have a child later, or would like to prevent future pregnancies, discuss the benefits of modern FP methods. Discuss the costs, effectiveness, safety, side effects and other aspects of methods that are right for her.



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