

Healthy Timing and Spacing of Pregnancy (HTSP)

BENEFITS FATHERS FOR STRONGER FAMILIES



the FACTS

In **SUB-SAHARAN AFRICA** in 2013, the average family had



and **OVER 48%** of people were living on LESS THAN \$1.25 a day.



When the **FAMILY GROWS** and stress increases, fathers can emotionally withdraw or may physically abandon their family.

Without a father **SHARING RESPONSIBILITY:**

CHILDREN are



MORE LIKELY

to require emergency care.



MOTHERS are



MORE LIKELY

to experience depression and stress.



the HOPE

WITH HTSP

FATHERS CAN PLAN

FINANCIALLY and EMOTIONALLY



for the birth of their NEXT CHILD.



FAMILIES

enjoy closer connections and less stress, creating a



MORE STABLE HOME FOR CHILDREN.

CHILDREN display greater COGNITIVE



development at 6 months when fathers are more involved.

PRACTICING HTSP

means fathers can support their families':



HEALTH
Ensuring medical access and long-term wellness



CHILD DEVELOPMENT
Providing the resources children need to grow physically, mentally, and emotionally



FINANCES
Planning ahead to support additional family members



EMOTIONAL WELL-BEING
Providing stability for children during formative years