Healthy Timing and Spacing of Pregnancy (HTSP)

**BENEFITS FATHERS FOR STRONGER FAMILIES**

**the FACTS**

In **SUB-SAHARAN AFRICA** in 2013, the average family had **5.1 CHILDREN** 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 **6X MORE LIKELY** to require emergency care.
- **MOTHERS** are **2X 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

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