

Healthy Timing and Spacing of Pregnancy (HTSP) TRANSFORMS MOTHERS' AND CHILDREN'S LIVES



the FACTS

INFANTS BORN to teenage girls are almost

2X as likely TO DIE

as those born to mothers age **20-24**

GIRLS AGE 15-19 are



2X as likely TO DIE

in pregnancy and childbirth as those who are **20-24**

the HOPE

WITH HTSP

MOTHERS ARE LESS LIKELY TO experience complications such as



They can secure **HEALTH BENEFITS** for themselves and their children by **BREASTFEEDING LONGER**

CHILDREN ARE MORE LIKELY to receive essential >



WITHOUT HTSP

Newborns have higher risk of:

- > Neonatal **DEATH**
- > Preterm **BIRTH**
- > Low birth **WEIGHT**

Mothers have higher risk of:

- > Maternal **DEATH**
- > pre-**ECLAMPSIA**
- > **MISCARRIAGE**



MORE TIME BETWEEN PREGNANCIES =
lower risk of complications for both mothers and children



AGE 20>
First child: healthy and strong mom and baby



AGE 23>
Second child: spaced to allow healthy growth



AGE 26>
Third child: mother able to care for all children emotionally and physically