

Healthy Timing and Spacing of Pregnancy (HTSP) BENEFITS FATHERS FOR STRONGER FAMILIES

the FACTS

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



4.6

CHILDREN

and **OVER 40%** of people were living on LESS THAN \$1.90 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