


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**
to require
emergency
care. 


MOTHERS are
2X **MORE**
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