

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

the FACTS



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