

PLANNING FOR CHILDREN I

GOAL FOR THIS SESSION

To promote the importance of timing pregnancies in order to reach family goals and achieve family stability.

OBJECTIVES

By the end of this session, participants will be able to:

1. Identify the impact of a new baby on the couple’s finances, relationship, and family stability.
2. List longer-acting methods of contraception that are especially effective and convenient for busy couples who already have children. Describe ways that men can support the use of effective contraception.
3. Describe their beliefs about childbearing and pregnancy planning.
4. Clarify whether they are actively trying to prevent another pregnancy at this time. (Note: If there is any confusion or ambivalence, pregnancy is highly likely!)

SESSION-AT-A-GLANCE

Activities & Sequence	Objectives <i>Couples taking part in the activity should be able to...</i>	Time	Materials <i>FR = Facilitator Resource H = Handout</i>
In Their Shoes	Identify the impact of common obstacles encountered by low-income couples with children when they have unplanned pregnancies	50 min	<ul style="list-style-type: none"> • Planning for Children Questionnaire (H) • Couple Scenarios & Directions (FR) • Couple Station Cards (FR)
Same Gender Conversations	Explore gender-based attitudes about childbearing, dispel myths, and increase knowledge of male birth control methods and longer-acting female methods; describe ways that men can support the use of effective birth control	40 min	<ul style="list-style-type: none"> • 2 LCD projectors & 2 Laptop computers (optional) • Man Talk about Sex & Birth Control (PPT) • Woman Talk about Sex & Birth Control (PPT)
Partner Conversations: Are We or Aren't We?	Identify whether they are or aren't actively trying to prevent pregnancy at this time	30 min	<ul style="list-style-type: none"> • Sexuality—Myth or Fact (FR)