

# PLANNING FOR CHILDREN

HELPING COUPLES GET ON THE SAME PAGE  
ABOUT IF OR WHEN TO HAVE MORE CHILDREN

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Unexpectedly bringing a new child into the family presents a serious challenge to low-income couples who are trying to attain family and economic stability. Even so, few healthy relationship or marriage education programs include a focus on pregnancy planning and prevention. *Planning for Children* was created to fill that void and provide a much needed supplement to comprehensive relationship and/or marriage education programs.

The goals of the module are to 1) promote the importance of timing pregnancies in order to reach family goals and achieve family stability and 2) enable couples to create a shared vision about if or when to have another child and how to use contraception to achieve their vision.

The module consists of three 2-hour sessions, which includes an optional introductory session on sexuality.

*Planning for Children* was developed collaboratively by the Center for Urban Families, The National Campaign to Prevent Teen and Unplanned Pregnancy, the Center on Children and Families at the Brookings Institution, and the Annie E. Casey Foundation. Pamela Wilson, an independent consultant, was selected to author the module because of her background and experience with the target audience, relationship education programs, and family planning.

The module is available free of charge in a convenient downloadable format at:

***[www.TheNationalCampaign.org/PlanningForChildren](http://www.TheNationalCampaign.org/PlanningForChildren)***

