



To: Interested Parties

From: Ron Haskins, Center on Children and Families at the Brookings Institution  
Joe Jones, Center for Urban Families  
Andrea Kane, The National Campaign to Prevent Teen and Unplanned Pregnancy  
Carole Thompson, Annie E. Casey Foundation

Date: February 2010

Subject: *Planning for Children: Helping Couples Get on the Same Page about If or When to Have More Children*

Many programs working with young, unwed parents realize how disruptive an unplanned pregnancy can be to couples who are struggling to establish an economically viable and stable family unit. And yet, there is no curriculum designed specifically to help these couples think through if or when to have additional children, and how to achieve whatever plan they agree upon. With this memo, we are announcing the availability of just such a curriculum authored by Pam A. Wilson with support and advice from 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. The module was developed specifically for use in programs that focus on healthy relationships and marriage education among low-income couples.

*Planning for Children: Helping Couples Get on the Same Page about If or When to Have More Children* includes a guide to using the module and three sessions that require about two hours each to conduct with couples. Based on extensive interviews and focus groups with young couples participating in a marriage education program, the module emphasizes activities and experiential learning that are designed to be respectful, engaging, and fun. Each session ends with the opportunity for couples to sit together and talk so that by the end of module they have developed a common vision for the timing and spacing of pregnancies. The module also includes extensive information about what birth control is and how to use it effectively.

The module is available online at [www.TheNationalCampaign.org/PlanningForChildren](http://www.TheNationalCampaign.org/PlanningForChildren) and can be downloaded for review or use with couples. The attached one-page summary provides additional information about the module. We encourage all programs working with low-income young adults to consider using the module to promote discussion, provide information, and acquire skills to plan the number and timing of children that would be most conducive to their family goals and well-being.

Enclosure