

PLAN YOUR FAMILY

For Health
and Happiness



YOUR BABY NEEDS

- *Healthy Parents*
- *A Happy Home*
- *Good Food*
- *Sunshine*
- *Outdoor Play*

To help give your children these precious gifts,

Plan Your Family

Perhaps you can afford to give all the things they need to three or four children — but perhaps not to six children, or eight, or ten. Birth control can help you to plan your family so that you can have the number of children that you want and have them at times when you and your husband are well and can take care of them.

SPACE YOUR BABIES

Child spacing means: the mother has time enough between babies to get back her strength. Mothers can give all their children better care and attention when the babies do not come too close together. The baby born two or three years after the birth of his brother or sister will be stronger and healthier than the baby born only one year after the birth of his brother or sister. Every baby can be wanted and planned for, so that he will have a good start in life and a welcome from his parents.

Questions Mothers Ask

About Birth Control

(Contraception)

WHAT IS BIRTH CONTROL?

It is a safe and simple way to plan for your children and have them only when you want them.

IS IT AN OPERATION?

No.

IS IT AN ABORTION?

No, it is entirely different. Abortion kills life after it has begun. Birth control prevents the beginning of life. Abortion is dangerous to your life and health. Birth control, when prescribed by a doctor, cannot hurt you in any way.

IS BIRTH CONTROL HARMFUL OR IMMORAL?

No. It is recommended by doctors and approved by most churches.

WILL IT CHANGE THE NATURAL RELATION BETWEEN MY HUSBAND AND ME?

No. It will make married life happier because you will not be afraid of having a baby when you are not ready for one.

WILL IT KEEP ME FROM HAVING A BABY WHEN WE WANT ANOTHER?

No. When you want another child, you can stop using birth control. You will then be as free to have a baby as ever.

CAN I DEPEND ON THE BIRTH CONTROL PRODUCTS SOLD IN DRUG STORES AND ADVERTISED IN MAGAZINES?

No, not unless a doctor has prescribed them for you. Many of these products are not safe or dependable, and some are dangerous.

CAN I LEARN TO USE BIRTH CONTROL MYSELF?

Yes, very easily.

WHO CAN TEACH ME?

A doctor who has been trained in the best methods of birth control. First, ask your own doctor. If he cannot help you, or if you have no doctor, the address on the back of this sheet will tell you where you can go to see a doctor about planning your family.

HOW MUCH DOES IT COST?

Never more than you are able to pay. Help will not be refused to those who need it.

WHERE TO GO

You can learn about family planning and child spacing at this address, if the doctor finds you need this information for your health or well-being.

This folder distributed by

BIRTH CONTROL FEDERATION OF AMERICA
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New York City

"Every Child a Wanted Child"

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