

# Plan Your Pause

Allow at least 12 months  
between pregnancies



**Babies need  
Space**

Pregnancies spaced with less than 12 months between the delivery of a baby and the start of the next pregnancy are more likely to result in a premature birth or infant death



**Babies need a  
Healthy Mom**

Your body needs time to replace nutrients lost during pregnancy



**Babies need a  
Strong Family**

Planning space between babies puts less stress on your finances and allows more time for family fun & bonding

Need help? Call United Way's 2-1-1 for more information.  
Talk to your doctor and spouse/partner about safe pregnancy spacing.  
For available Family Planning options, please contact the Cincinnati Health  
Department Body Shop at 513.357.7341.