

GE 2211 Environmental Science and Engineering

Unit – V

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# Family Planning

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African Family, Malawi, Around 2000





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**Kala Dheereynta Carruurta Waxay keentaa Qoys Is Daryeela oo Dantooda Haleela.**



**Kala Korsiinta Carruurta Waxay Dhashaa Qoys Wanaagsan iyo Bulsho Wanaagsan.**

**Carruurta Isku Nuugga Ahi Waxay Qoyska Ka Mashquulisaa Daryeelka, Waxbarashada Iyo Haleelka Danahooda.**



**Daryeelka Hooyadu, Waa Daryeelka Qoyska oo Dhan.**

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# Introduction

- **Family planning** is the planning of when to have children and the use of birth control and other techniques to implement such plans
- Raising a child requires significant amounts of resources: time, social, financial, environmental. Planning can help assure that resources are available
- Waiting until the mother is at least 18 years old before trying to have children improves maternal and child health. Also, if additional children are desired after a child is born, it is healthier for the mother and the child to wait at least 2 years after the previous birth before attempting to conceive (but not more than 5 years). After a miscarriage or abortion, it is healthier to wait at least 6 months



# Basic Philosophy of Family Planning

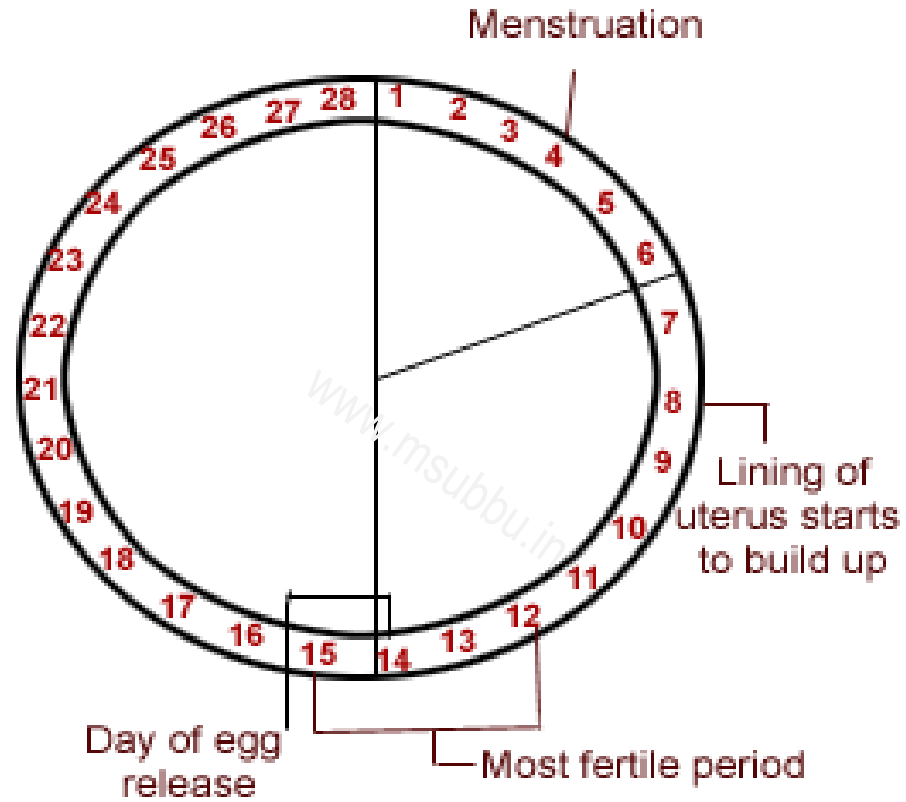
- Family planning is one of the responsibilities of married persons. They must decide the size of their families after careful consideration of the many factors involved - medical, economic and social.
- The fertility of the husband and wife is a special bond between them and part of the intimate, exclusive gift of themselves to each other in marriage.
- There will be some husbands and wives who choose to make a generous decision to raise a large family exercising in so-doing their freedom to take no action at all to avoid pregnancy

# Family Planning Methods

- Natural planning
- Female Sterilization
- Combined Oral Contraception
- Injectable Contraception
- Progestin
- Emergency Contraception
- Vasectomy
- Intrauterine Devices (e.g copper T)
- Condoms

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## Calendar Method



# Basal Body Temperature (BBT)

- Basal Body Temperature chart is a way commonly used to determine the time of ovulation. The basal body temperature refers to the temperature of your body at rest.
- To determine your BBT, record your temperature everyday upon awakening before you get out of bed.
- Immediately after ovulation there will be a slight (no more than 0.4 to 1.0 degree Fahrenheit) but definite rise in your body temperature. Temperatures remain elevated until the next menstrual period.
- The most fertile day is the one immediately before the rise in temperature

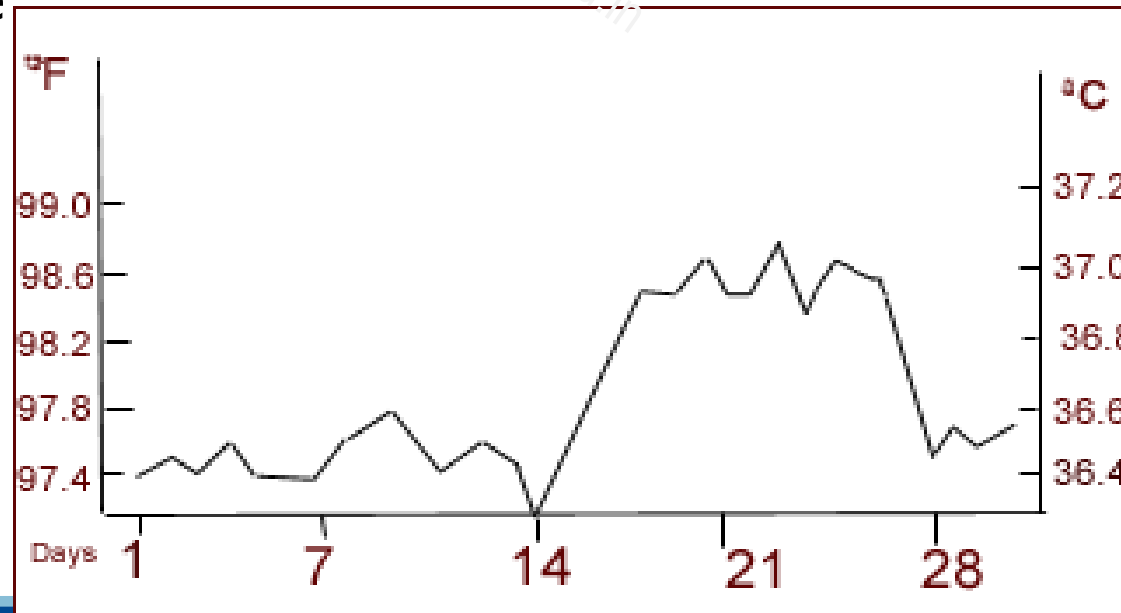
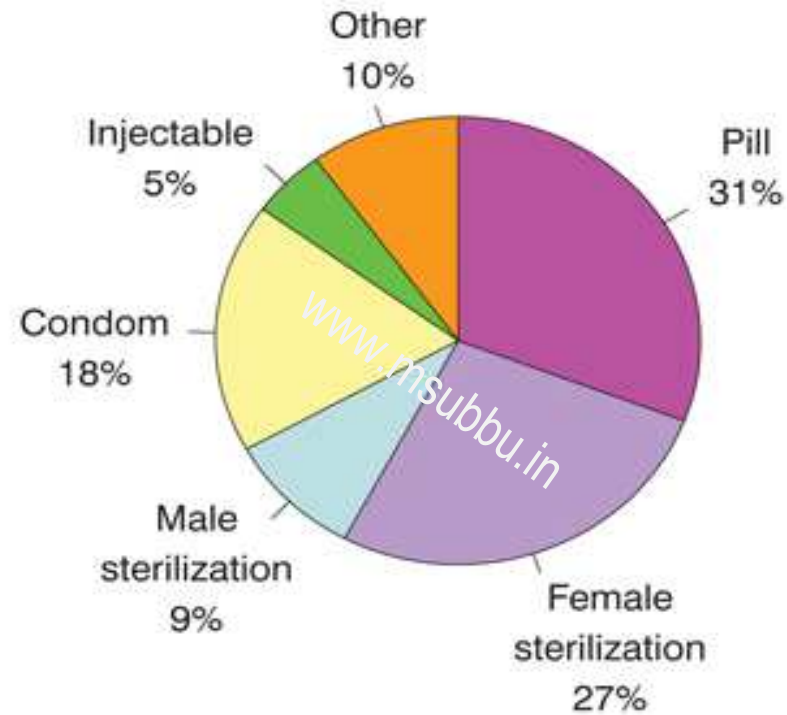
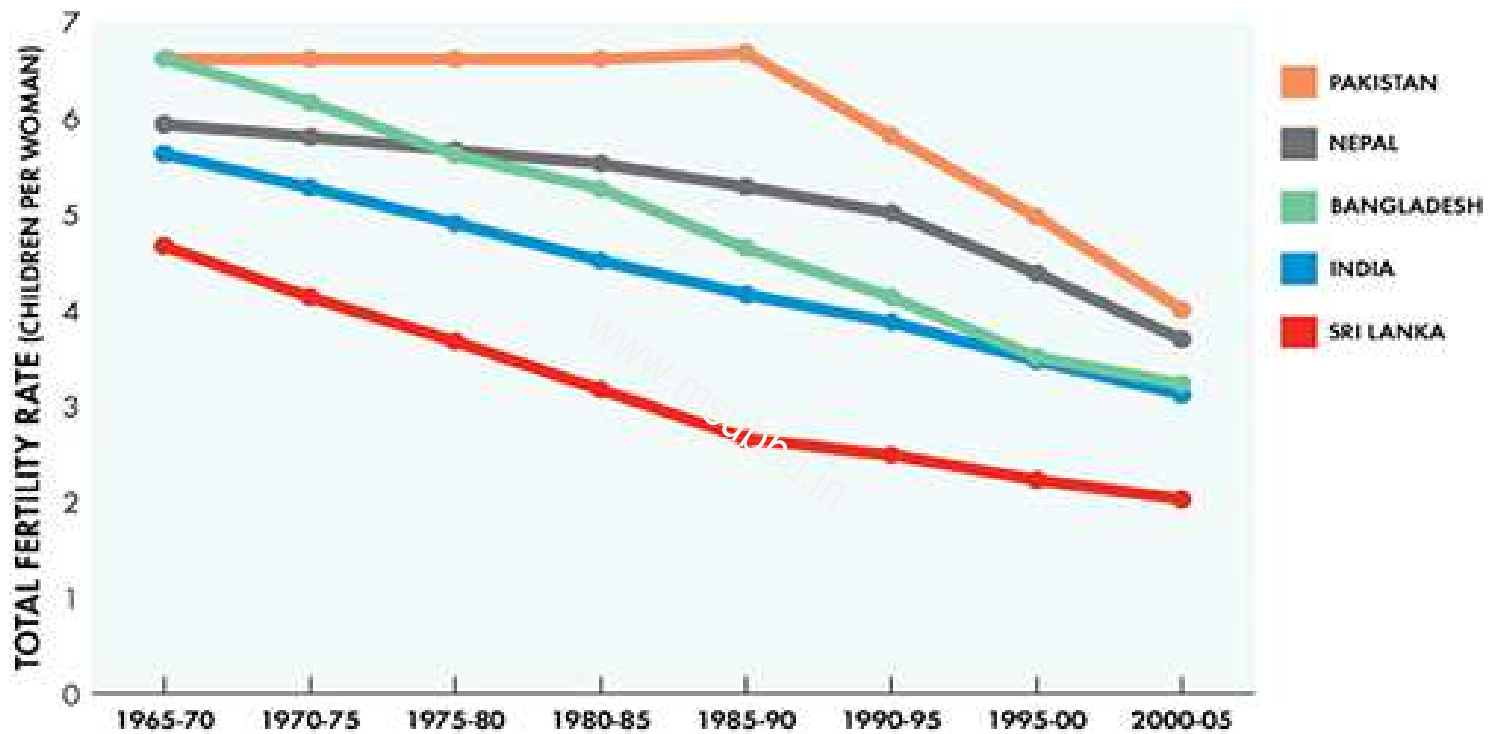




Figure 1. Percentage of current contraceptive users currently using each method: United States, 2002



SOURCE: CDC/NCHS, National Survey of Family Growth, 2002.





# One Child policy of China

- It is the population control policy of the People's Republic of China – introduced in 1979
- It officially restricts the number of children married urban couples can have to one, although it allows exemptions for several cases, including rural couples, ethnic minorities, and parents without any siblings themselves.
- Approximately 35.9% of China's population is currently subject to the one-child restriction
- It is claimed that the policy has prevented more than 250 million births from its implementation to 2000
- The policy has been implicated in an increase in forced abortions and female infanticide, and has been suggested as a possible cause behind China's gender imbalance