



Family Planning For New Parents

For help with family planning and birth control, contact:

Your health care provider

Your local health department or clinic

Oregon SafeNet 1-800-SAFENET 1-800-723-3638 503-988-5858

DHS Family Planning website: www.healthoregon.org/fp

Why do I need to think about birth control now?

You can get pregnant BEFORE having your first period, even if you breastfeed your baby. It is important to make a plan now for using a safe and effective birth control method after your baby is born. You can get information from your health care provider or local clinic. Ask about the new methods. They are easy to use and work very well.

What if I can't afford to pay for birth control?

You may qualify for free or low cost services and supplies at your local health department or clinic. Call Oregon SafeNet at 1-800-SAFENET for more information.

What types of family planning services can I get from my health care provider or local clinic?

- Breastfeeding and birth control information
- Birth control supplies
- Counseling and education
- Health exams and lab tests
- Pregnancy tests
- Information and referrals to other health and social services

Plan for a healthy future.

Do it for yourself.

Do it for your new baby.