

## Birth control: Contraception

As a new mom, you make many decisions the first few months after giving birth. Birth control should be near the top of your list. If you wait to decide, you could get pregnant again much sooner than you believed. Now is the time to talk with your health care provider to find the best birth control method for you.

How long should I wait to get pregnant again?

Pregnancies spaced between 18 and 23 months apart are best for you and your baby (fewer early deliveries and fewer low birth weight or small babies). This time between pregnancies:

- Is healthier for you and your children.
- Helps parents spend more time with each child in the early years.
- Gives parents more time for activities other than child-rearing.
- Eases pressure on family budget.

You might wait to get pregnant again because of work, child care, or money.

What are my choices?

Birth control myths might confuse you about which birth control method to use. Here are some things to think about:

- You can get pregnant before you have your first period. If you do not breastfeed, you can get pregnant three weeks after giving birth.
- Learn about breastfeeding. Pregnancy can happen even when you are fully breastfeeding. You can use many birth control methods when you are breastfeeding. Breastfeeding can help prevent pregnancy if:

- » You have not started your period;
- » You only breastfeed and do not give your baby food, juice or formula;
- » Your baby is less than 6 months old.
- A six-week visit with your health care provider may be waiting too long to start birth control. See your doctor two to four weeks after your baby is born to talk about birth control.
- Vasectomies and tubal ligations (getting your tubes tied) are permanent birth control methods for couples who do not want to have any more children. A tubal ligation can be done while you are in the hospital. A vasectomy is a simple surgery. The tubes that carry sperm up to the penis are cut and sealed. If men qualify, they can get a vasectomy for free or low-cost at a family planning clinic.
- You can get an IUD or implant whether you are breastfeeding or not. These long acting birth control methods work very well.

For more information

### **Oregon Contraceptive Care (CCare)**

CCare clinics offer free or low-cost reproductive health services and birth control to eligible women, men and teens.  
[www.ccare.oregon.gov](http://www.ccare.oregon.gov)

### **Oregon 211info**

[211info.org](http://211info.org)

Call 211 or 1-800-723-3638 to find a clinic near you