

How Soon After Giving Birth Can You Get Pregnant?



IDEAL PREGNANCY SPACING: 18 TO 24 MONTHS

Although women can usually get pregnant again within a few weeks after giving birth, it might not be **safe for them and their babies.**

BENEFITS

Spacing pregnancies gives the body time to:

- Restore important nutrients such as folic acid
- Recover from physical stress
- Heal from swelling and infection

RISKS

Getting pregnant too soon can lead to serious problems, such as:

- Delivering your baby too early
- Diabetes during pregnancy
- High blood pressure during pregnancy

GET YOUR 18 MONTHS



Fill out the following information with your provider so you know when you can start trying to have another baby again.

Example

Date your baby was born: July 13, 2018

Add 1 year and 6 months: January 13, 2020

Now it's your turn...

Date your baby was born: _____

Add 1 year and 6 months: _____



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