There is a lot to think about when it comes to having more children.

“How will life change if we have another baby?”

“How will another baby affect my plans to study or work?”

“Can we afford to have another baby?”

Are you thinking about having any more children?

The interval between pregnancies can affect more than just the age gap between your children. It can also affect your baby's health and your own. Find out what you need to know about family planning and pregnancy spacing.



Why is the interval between pregnancies important?

Research shows that having too short an interval between pregnancies can pose a health risk for both mother and baby

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What health risks can arise when you become pregnant again too quickly?

- You have too little time to recover from the physical strain of the first pregnancy.
- The baby may have a low birth weight.
- The foetus may be undersized in relation to its gestational age.
- The baby may be born prematurely.
- You may experience bleeding in the third trimester.
- You may be more likely to suffer from post-natal depression and higher levels of stress.
- You may find it difficult to go back to work or college, due to childcare issues.
- It could be financially challenging.

Soon you will find out how amazing, but also challenging, it is to have a baby. Pregnancy is a good opportunity to think through what is important for you and your family in the time ahead.
Here are some questions that you (and your partner) should think about:

What would it be like to have a second baby very soon after the first?

What would be the optimal time to have another baby?

It is good to know that you have the opportunity to choose. One option could be to wait a while before having any more children.

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Further family planning

It is good to know that you have the opportunity to choose.
One option could be to wait a while before having any more children.



Think about what your life would be like without any more children.

What will your life be like if you make this change?

Complete the sentence:
“If I wait to have any more children, ...”

How big a family would you like to have? Put a ring around the number of children you would like.



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