

What's your reproductive life plan?

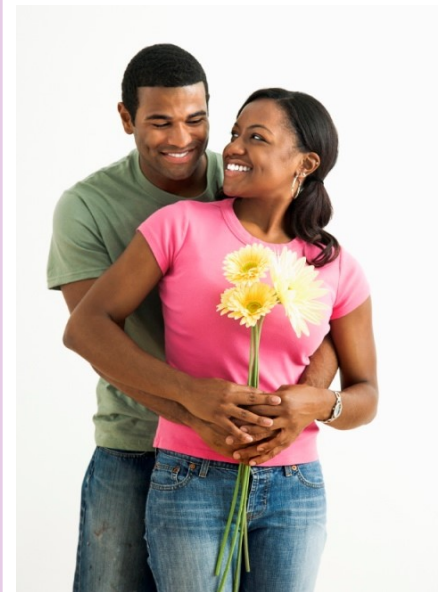


A reproductive life plan is a tool to help with identifying your life goals along with how and/or when a family fits into these goals. Your reproductive life plan goals should be formed to best fit your personal needs and will help decrease your chance of having an unintended pregnancy. It will also help you manage health conditions and health behaviors that can improve your quality of life and your baby's - if and when you choose to become pregnant.

The first step to creating a plan is asking yourself what your upcoming goals are. For example, do you want to continue your education, get a job promotion or move to a new city? How can you achieve this?

Other questions to consider may include:

- Do you want to have children? If so, how many? If not, what will be your method for preventing an unintended pregnancy?
- If I decide to have children, will they be born in a safe environment free of stress, abuse and toxic substances?



Keep in mind that goals are meant to be revisited and changed as necessary. Take action! Write down your goals to discuss with a healthcare professional and your partner who can help you achieve them.

 **Healthy Start**
Coalition of Orange County

Every baby deserves a healthy start

www.HealthyStartOrange.org | (407) 858-1472