

Benefits of HTSP vs. Risks of Not Practicing HTSP

BENEFITS OF HTSP	RISKS IF HTSP IS NOT PRACTICED
For the Newborn Child	
<ul style="list-style-type: none"> • Newborns are more likely to be born strong and healthy. • Newborns may be breastfed for a longer period of time, which allows them to experience the health and nutritional benefits of breastfeeding. • Mother-baby bonding is enhanced by breastfeeding, which facilitates the child’s overall development • Mothers who are not caring for another young child under the age of three may be better able to meet the needs of their newborns. 	<ul style="list-style-type: none"> • Risk of newborn and infant mortality is higher. • There may be a greater chance of a pre-term low-birth-weight baby, or the baby may be born too small for its gestational age. • When breastfeeding stops before six months, the newborn does not experience the health and nutritional benefits of breast milk, and the mother-baby bond may be diminished, which may affect the baby’s development.
For the Mother	
<ul style="list-style-type: none"> • The mother has a reduced risk of complications which are associated with closely spaced pregnancies. • She may have more time to take care of the baby if she does not have to deal with the demands of a new pregnancy. • She may breastfeed longer; longer duration of breastfeeding is linked to a reduced risk of breast and ovarian cancer. • She may be more rested and well-nourished so as to support the next healthy pregnancy. • She may have more time for herself, her children, and her partner, and to participate in educational, economic and social activities • She may have more time to prepare physically, emotionally, and financially for her next pregnancy. 	<ul style="list-style-type: none"> • Women who experience closely spaced pregnancies are <ul style="list-style-type: none"> ○ At increased risk of miscarriage ○ Are more likely to experience iron-deficiency anemia ○ Are more likely to experience pre-eclampsia ○ More likely to induce an abortion

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For Men	
<ul style="list-style-type: none"> • His partner may find more time to be with him, which may contribute to a better relationship. • Expenses associated with a new pregnancy will not be added to the expenses of the last-born child. • More time between births may allow a man time to plan financially and emotionally before the birth of the next child, if the couple plans to have one. • Men may feel an increased sense of satisfaction from: <ul style="list-style-type: none"> ○ Safeguarding the health and well-being of his partner and children; and ○ Supporting his partner in making healthy decisions regarding FP and HTSP. 	<ul style="list-style-type: none"> • The stress from closely spaced pregnancies may prevent couples from having a fulfilling relationship. • If the mother is too tired from a new pregnancy and raising an infant, she may not have the time or energy to spend with her partner.
For the Family	
<ul style="list-style-type: none"> • Families can devote more resources to providing their children with food, clothing, housing, and education. 	<ul style="list-style-type: none"> • A new pregnancy requires money for antenatal care, better nourishment for the mother, savings for the delivery costs and costs associated with the needs of a new baby. • Illness or a need for emergency care is more likely if the woman has closely spaced pregnancies • Unanticipated expenses may lead to difficult financial circumstances or poverty.
For the Community	
<ul style="list-style-type: none"> • HTSP is associated with reduced risk of death and illnesses among mothers, newborns, infants, and children, which can contribute to reductions in poverty and improvements in the quality of life for the community • It may relieve the economic, social and environmental pressures from rapidly growing populations 	<ul style="list-style-type: none"> • Lack of HTSP may result in a poorer quality of life for community residents • Economic growth may be slower, making it more difficult to achieve improvements in education, environmental quality, and health.