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Things to Know about Why Birth Spacing Matters

1

What is Birth Spacing?

Birth spacing is the time between the birth of a child and your next pregnancy.

*Doctors recommend waiting at least **18 months** after you give birth to your child to get pregnant again.*

2

Benefits for Mom

Pregnancy is hard work! Taking time to heal your body and recover from pregnancy and childbirth supports healthy pregnancies in the future.

*Waiting **18 months** after birth to get pregnant again can help prevent **premature birth, low birthweight, and miscarriage** in your next pregnancy.*

3

Benefits for Baby

*Waiting **18 months** to get pregnant can help your next child grow to full term, which increases:*

- ✓ *healthy brain development*
- ✓ *healthy physical development*

Birth spacing can also decrease your next baby's risk of chronic health issues associated with pre-term birth.



Maternal Health Network
of San Bernardino County

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