1. Legend map

What to consider before having a child?



Housing

Do you have enough space?
Do you have your own place?



Finances

Do you have enough money to support a child?



Work & school

What would having a child mean for your work or education?



Food

What do you need in terms of food and nutrition?



Cradle

What does a baby need?



Childcare

What childcare options are available?



Clothing

What do you need for a baby?



Support network

Who can support you during and after pregnancy?

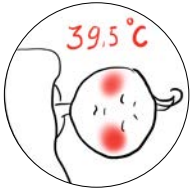
1. Legend map

What to consider before having a child?



Fatigue

A baby may cause sleepless nights. How would you deal with that?



Sick child

How would you deal with a sick child?



Healthcare

Can you manage doctor's visits, dentist appointments, and medication?



Crying baby

What could be the reason, and how would you respond?



Daily routine

What is your daily routine like, and what would need to change if you had a child



Other family members

How many children do you already have? What would another child mean for them? How does your partner feel about this?



Going out

How would having a child affect your social life?

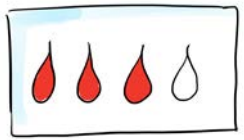


Hobbies

What impact would having a child have on your free time and your (and your partner's) hobbies?

2. Legend map

Choice of contraceptives



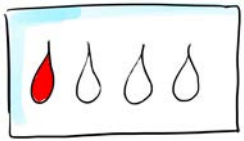
Keeping your period

With some contraceptives, you may no longer have your period. If having a monthly period is important to you, take this into account when choosing a method.



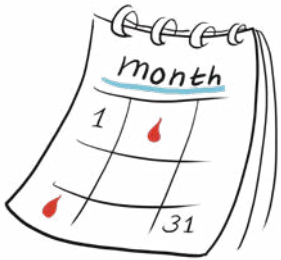
Planning your menstruation

Some contraceptives allow you to control or postpone your period.



Lighter menstruation

With some contraceptives, side effects such as pain, bleeding, and duration may decrease.



Irregular bleeding

Some contraceptives may cause irregular bleeding. This can last for a longer period or occur occasionally as spotting.

2. Legend map

Choice of contraceptives



Placement by a healthcare professional

Some contraceptives must be placed by a doctor or midwife. This applies to all long-acting methods.



Contains hormones

Some contraceptives contain hormones. The body naturally produces hormones. Hormones are not harmful, but they may affect your body or mood.



How often do you need to think about it?

This depends on the method. For example, you take the pill daily, change the patch weekly, and only need to think about a hormonal IUD once every 5–8 years.



Visibility

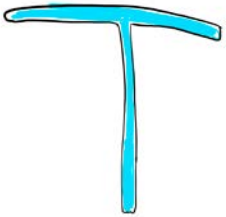
Can others see that you are using contraception, or do you prefer a method that is not visible?

3. Legend map

Contraceptives



Copper IUD



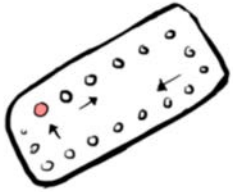
Hormonal IUD



Hormonal implant



Hormonal injection



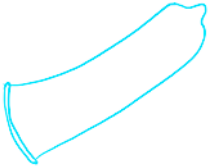
Contraceptive pill



Contraceptive patch



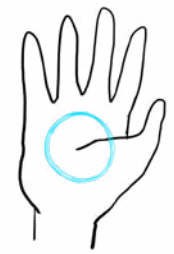
Contraceptive ring



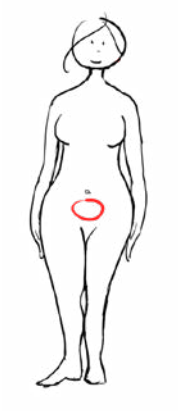
Condom

3. Legend map

Contraceptives



What is the size of the contraceptive?



Where is the contraceptive placed?



How often do you need to think about it?



How does it affect the bleeding pattern?

Irregular.

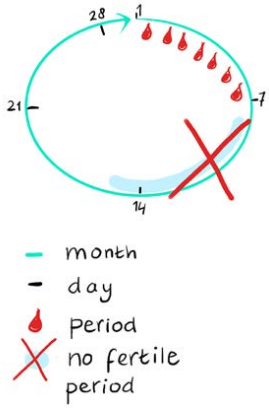
4. Legend map

Contraceptives



How will your bleeding pattern change?

You can plan it.

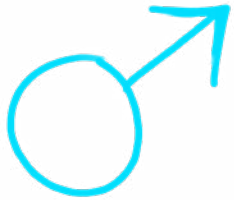


No fertile days anymore

Your natural menstrual cycle remains. Sterilization does not cause menopause.



Female



Male

4. Legend map

Contraceptives



Irreversable



Feelings do not change



Sex does not change



Orgasm

This does not change. However, after male sterilization, the semen no longer contains sperm cells.

Colophon

This manual, the visual prompts and the question cards have been made by the team of Pregnant Not Now (Nu Niet Zwanger-team) of the Municipal Health Service of Rotterdam-Rijnmond. They developed these materials in consultation with ambassadors of the program Pregnant Not Now of different care organisations and their clients.
In collaboration with GGD GHOR Nederland and Rutgers these materials have been adjusted for national use.
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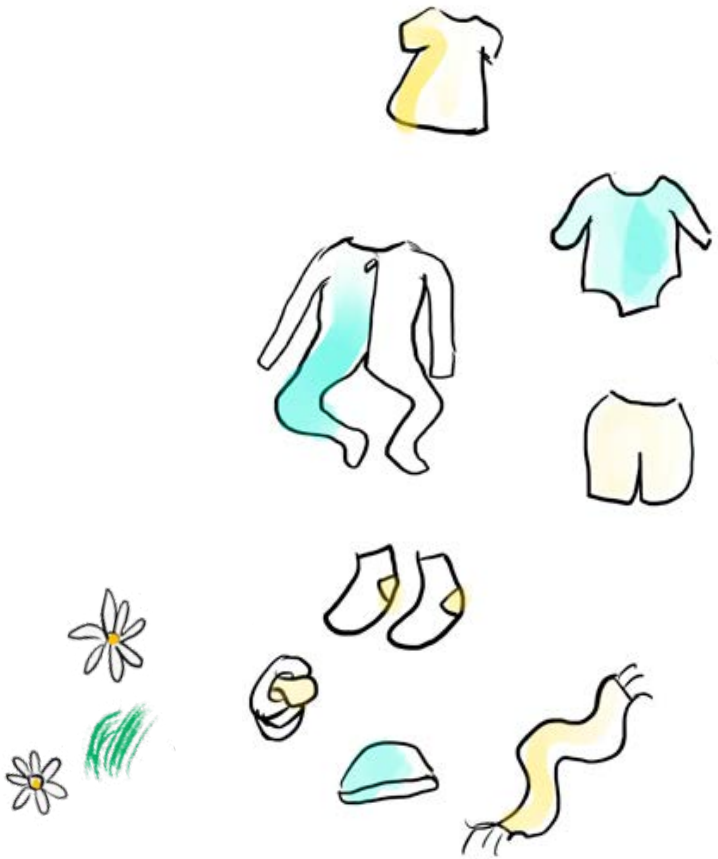

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