

## SOMALI HUSBANDS CAN PLAY AN IMPORTANT ROLE IN FAMILY PLANNING

The Islamic religion expects Muslim men to take initiative of being the heads of their households. As family leaders, men should support their wives with caring for the family financially, morally and spiritually. As the husband, you can help your wife plan for future babies and decide to space out pregnancies.

Communication is the key to a healthy, happy, successful marriage.

*“Men are the protectors and maintainers of women, because Allah has made one of them to excel over the other, and because they spend (to support them) from their means.”*

[al-Nisa’ 4:34]

Providing men and women the opportunity to discuss family planning as part of maternity care— together or separately—can directly lead to joint decision-making and effective use of family planning.

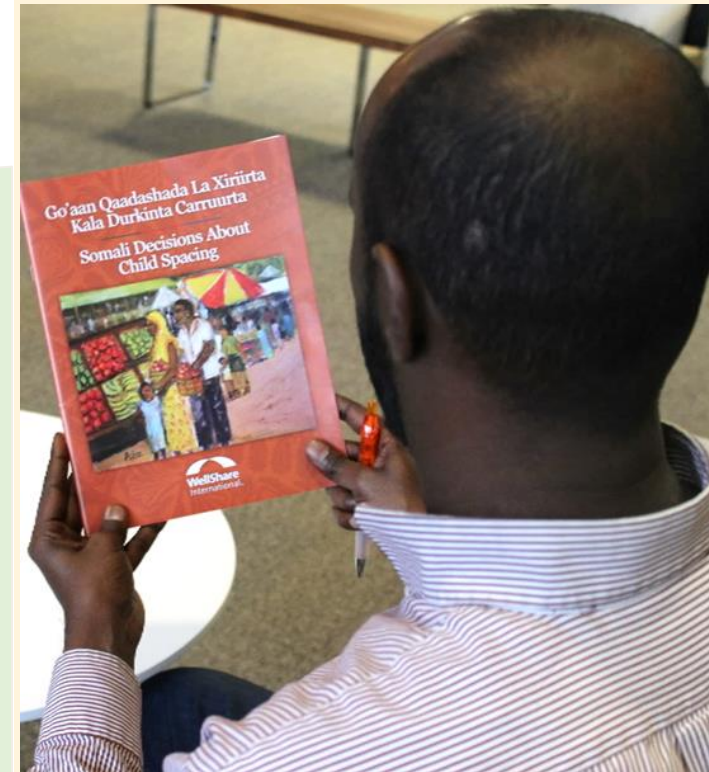
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**Child Spacing After  
Pregnancy:  
What Husbands  
Should Know**

## GROWING INTO ROLES OF PARENTHOOD

The ideal time to connect as husband and wife is during the postpartum period, or the time following the delivery of a baby.

A husband can support his wife through sharing parenting duties such as caring for the newborn, helping with chores, and preparing meals.

## YOUR WIFE'S HEALTH

It is proven that the Prophet (peace be upon him) said:

*“The most complete of the believers in faith, is the one with the best character among them. And the best of you are those who are best to your women.”*

Vol. 1, Book 7, Hadith 1162

Men should seek to understand the health conditions mothers go through after child delivery.

During the first six weeks bruising, swelling, and sore muscles are some of the conditions her body may face. Other changes occur inside the body and take longer to heal.

Some mothers experience mood swings or depression.

As her husband, knowing her health realities gives you a chance to experience her strength and offer her moral support.



**Repeating pregnancy before her body has had full time to recover can pose many health risks for her and the baby:**

- Higher risk of premature birth and low birth weight
- Higher risk of health problems for the mother, including anemia, uterine rupture
- Possibility for higher health care costs for mother and baby
- Other complications

According to trusted health professionals, including the WHO, women can safely choose from a wide variety of contraceptives immediately after birth.

There are a variety of methods available including hormonal and non-hormonal, long- and short-acting, and permanent methods. **It is recommended to wait 18-24 months before having another pregnancy.**

## WHERE CAN WE GO TO GET CONTRACEPTIVES?

Mothers have doctor appointments within the first two months of their delivery. Encourage your wife to discuss child spacing options with her doctor during these appointments, or any time.



## STARTING A CONVERSATION WITH YOUR WIFE

It is normal for a husband to discuss family choices with his wife, and that should include child spacing.

- Try starting a conversation by asking your wife about her health.
- Include your wife in discussions about financial planning for the family.
- Offer to be with your wife during her next doctor appointment to discuss child spacing options.
- Encourage your wife to see her doctor about side effects she may experience related to her recent pregnancy or contraceptive use.