

Southeast Maternal Child and Family Health Coalition

Southeast Maternal Child and Family Health Coalition is a component of MBHS and a network of service providers, community residents and advocates who are dedicated to improving the health and well-being of women, children, men and families with emphasis on disparities and the reduction of infant mortality.



Missouri Bootheel Regional Consortium Inc.

Strengthen, Promote, Empower
Families and Communities



Missouri Bootheel Healthy Start

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Missouri Bootheel Healthy Start

**TWO YEARS APART
= FAMILY SMART**



The time to space is now

*A product of
Missouri Bootheel Healthy Start
Interconceptional Care-Learning
Community Change Plan*

2 Years Apart = Family Smart

Slogan used to promote spacing between pregnancies. This slogan was created during an Interconception Care Learning Community Collaborative Cycle. The Interconception Care Learning Community (ICC) is a partnership supported by Maternal and Child Health Bureau/Health Resource and Services Administration, a division of Healthy Start and perinatal services. The ICC-LC is to improve the health and well-being of women served by Healthy Start by advancing the quality and effectiveness of interconception care in their project area. The interconception period (often defined as an 18-24 month interpregnancy interval) is a critical time to modify risks that are associated with adverse outcomes for women and infants.

Healthy Start Reproductive Incentive Program

A key factor is to encourage birth spacing. Missouri Bootheel Healthy Start (MBHS) is dedicated to reducing the regional rate of infant mortality and to improve the health and well-being of infants and their families. In doing this MBHS has developed a Healthy Start Reproductive Incentive Program. The program allows interconceptional women to gain incentives for completing their 6-week check-up appointment and for choosing a birth control method. MBHS clients are educated throughout their pregnancy on the various contraceptive methods available. MBHS Family Planning Education Kits have played a major role in the success of the incentive program. The Family Planning Education Kits allow the case manager and client to discuss each contraceptive, the benefits and proper use.

Facts on Birth Spacing

Birth Spacing refers to the time interval from one child's birth date until the next child's birth date. There are many factors to consider in determining what is an optimal time interval between pregnancies. However, researchers agree that 2 years to 3 years between births is usually best for the well-being of the mother and her children.

Why Space Births

There may be very personal reasons why time is needed between pregnancies. Planning enough time between pregnancies increases the chance of a good outcome for the mother and each of her babies. If a parent has experienced a miscarriage or loss of a child, they may need time to grieve, evaluate their risks and work through their fears and anxieties before considering a future pregnancy. A couple may have a medical condition which needs to be managed before they are able to begin or continue childrearing or a woman may be in her later reproductive years and be feeling the need to have her pregnancies spaced closer together in order to achieve the family size she desires. A planned pregnancy is more likely to have a good outcome for the mother and baby.



Improvement in Health of Newborn

When births are spaced 2 years to 3 years apart there is less risk of infant and child death. There is also lower risk of the baby being underweight.

Improvement in Health of Mother

Short intervals between births can also adversely affect the mother's health. When births are less than two years apart, the mother has a greater risk of bleeding in pregnancy, premature rupture and increased risk of maternal death. A time interval of six months or more after breastfeeding is recommended before becoming pregnant again. This will allow the mother adequate time to rebuild her nutritional stores. <http://health.utah.gov/precon/plan/pregnancy-spacing/>

