

# SNS COLLEGE OF NURSING COIMBATORE-35

COURSE: BSC NURSING

SUBJECT: CHILD HEALTH NURSING -I

SEMESTER: VI SEMESTER

UNIT: FIVE

TOPIC: FAMILY PLANNING

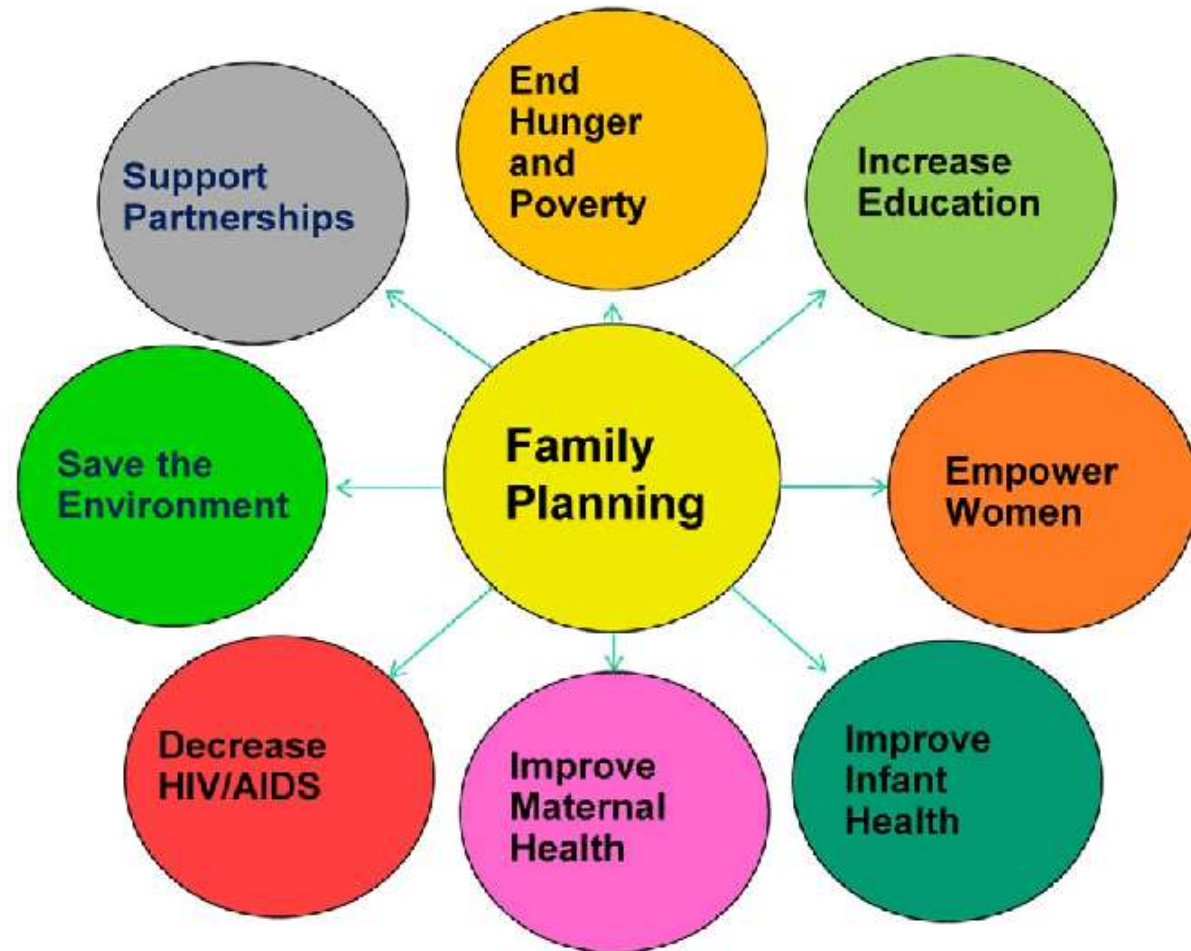
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# ***DEFINITION***

Family planning is a way of thinking and living that is adopted voluntarily, upon the bases of knowledge, attitude and responsible decision by individuals and couples.



# *Purpose*



# TYPES

Family planning methods include oral contraceptive pills, implants, injectables, intrauterine devices, condoms, male and female sterilization, lactational amenorrhea method, and fertility awareness-based methods.



FAMILY PLANNING  
PILLS



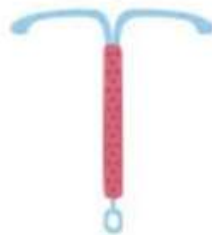
DMPA



LACTATIONAL  
AMENORRHEA  
METHOD



MALE & FEMALE  
CONDOMS



INTRAUTERINE  
DEVICE



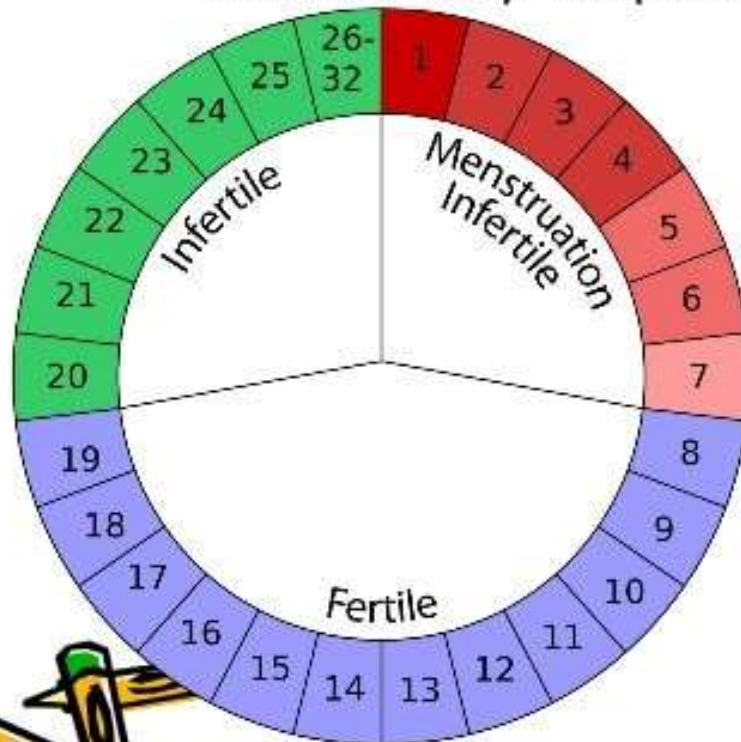
MALE & FEMALE  
SURGICAL  
STERILIZATION



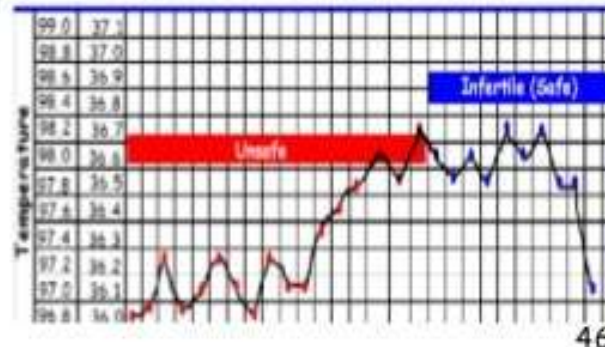
HORMONAL  
IMPLANT

# Natural methods:

1. Calendar method
2. Cervical mucus method
3. Basal body temperature method



## Charting Basal Body Temperature



# *Calendar Method*

## Steps to Use the Calendar Method



Preparation before  
using the method



Abstinence during  
the fertile window



Tracking menstrual  
cycle using different  
methods

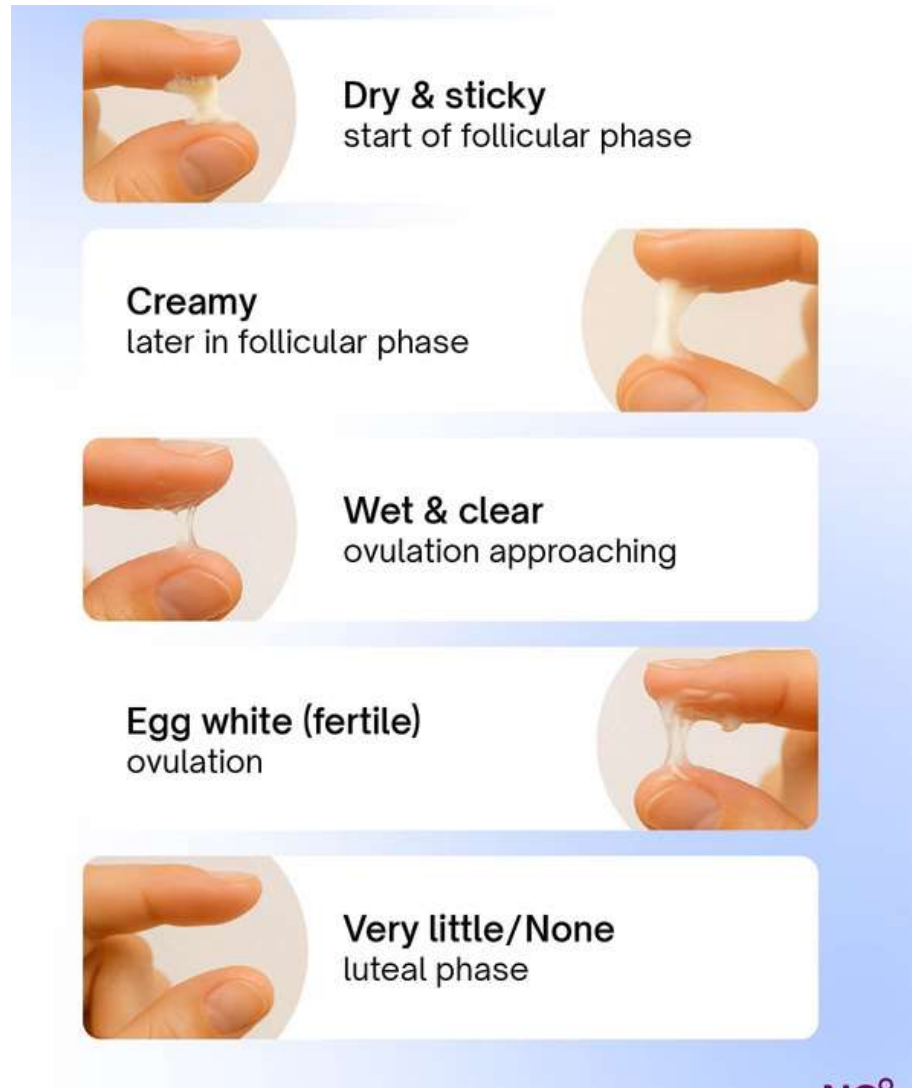


Alternatives to  
abstinence during  
the fertile window



Identifying the  
fertile window

# *Cervical Mucus Method*



# *Basal Body Temperature Method*



The basal body temperature (BBT) method is a natural family planning technique that uses daily body temperature readings to help predict ovulation and identify fertile days for conceiving or avoiding pregnancy

# *Natural Method Benefits*



# ***CRITERIA***

- 1. Voluntary Choice**
- 2. Informed Decision-Making**
- 3. Access to Services**
- 4. Method Selection**
- 5. Safety and Efficacy**
- 6. Counseling and Support**



# ***SIDE EFFECTS***



# ***QUESTION***

**1. Define natural family planning method ?**

**2. Define Family planning ?**



# Thank you

for your purchase