

b. Birth Control

MODULE 8

Immediately after birth, birth control may be just about the farthest thing from your mind. Sooner or later you will want to resume intercourse. So it is a good idea to be prepared.



After childbirth, you can ovulate and become pregnant even though you have not had a period. This is also true when you are breastfeeding.

Condoms are the safest method of birth control for the first few weeks after childbirth. After your postpartum checkup, you may want to use a different method. **Using condoms is the only method that can prevent the transmission of sexually transmitted infections (STIs).**

Here are a few points to consider when choosing birth control.



If you are alone or with a partner, there are many factors to consider when choosing birth control. Some forms of birth control may interfere with breastmilk production. It is important to discuss birth control options with your partner and health care professional.

To learn more about birth control and select the best one for you, visit the following web site: www.sexualityandu.ca.

Remember that if you try one method and you are not happy with it, you can always try another.