Safe Spacing Between Pregnancies

For your health and the health of your baby, it is recommended that you wait 2 years before giving birth to another child. This is called safe spacing between pregnancies.

If you have concerns about having your babies closer together, please talk with your provider.

Safe spacing between pregnancies can help to:

- Lower the risk of having a premature baby.
- Lower the risk of having a baby with a low birth weight.
- Lower the risk of having a baby that is small for its gestational age.
- Lower the risk of autism in the second born child.
- Increase the benefits of breastfeeding for baby and mother.
- Lower the risk of pregnancy and childbirth related complications, such as miscarriage and preeclampsia.
- Give your body time to heal and be healthy before the next pregnancy. Use this time to eat nutritious foods to build up nutrients in your body and manage your weight.
- Give you time to take prenatal vitamins with folic acid before your next pregnancy.
- Give you time to start a regular exercise routine, manage your blood pressure and stop smoking.
- Give you and your partner time to bond with your current baby and adjust to becoming parents. It is less stress and work to care for one young child at a time.
- Allow time for your family to adjust to the cost of having one baby before having another.

Birth control can help you safely space pregnancies and prevent unplanned pregnancies. A birth control plan can be created while you are still pregnant. Talk with your health care provider about the different birth control methods available, any questions you have and what is best for your needs.

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Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.

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