Fathers contribute to Healthy Families

**STAGE 1**

PRE-PREGNANCY

A Father/Partner should:

- Visit a health facility together with his wife/partner, to learn more about family planning.

- Discuss and agree with his wife/partner on family planning options before starting a family.
A Father/Partner should:

- Support his wife/partner to complete all ante-natal care (ANC) appointments.
- Go with her for ANC visits if she chooses and learn how to support her to have a healthy pregnancy and a safe delivery.