# 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.



















# Fathers contribute to Healthy Families

STAGE 2

## PREGNANCY

### 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.

















