



Your children are very smart!

Pay **1 bead** per child to send
them to an A-Level school.





LIFE EVENT
Card



Your children finished primary school with good grades.

Now, pay **1 bead** per child to
send them to secondary school
for one term.





LIFE EVENT
Card



Children need uniforms to look smart for school.

Pay **1 bead** per child to buy uniforms.





LIFE EVENT
Card



All your children get diarrhoea from not washing their hands.

Pay **1 bead** per child for medical
costs.





LIFE EVENT
Card



Children eat so much food!

Pay **1 bead** per child to buy food
for them this year.





LIFE EVENT Card



Your children love primary school, but it is not free.

Pay **1 bead** per child to send
them to school for three terms.





LIFE EVENT
Card



**You forgot to put
up your bed net,
and all your
children have
malaria.**

Pay **1 bead** per child for medical
care.





LIFE EVENT
Card



You and your wife waited 4 years to have another child. Great job spacing your children!

(Give man a baby card)

You were able to save and keep your family healthy, **toss the die to see how much you saved.**





LIFE EVENT Card

You talk to your wife about child spacing and visit the health facility together to learn more.

For planning a healthy family,
toss the die to see how much you
*earn and get a **CHILD SPACING***
METHOD CARD.





LIFE EVENT
Card

You decide to space your children 3 years apart and go to the health facility to choose a child spacing method.

For planning a healthy family,
toss the die to see how much you earn and get a **CHILD SPACING METHOD CARD.**





LIFE EVENT
Card

After you learn about child spacing methods you decide to discuss them with your wife.

For planning a healthy family,
toss the die to see how much you
earn and get a **CHILD SPACING**
METHOD CARD.





LIFE EVENT
Card

6 weeks after giving birth, your wife started getting injections to space the next pregnancy.

For planning a healthy family,
toss the die to see how much you
*earn and get a **CHILD SPACING***
METHOD CARD.





LIFE EVENT
Card

You visit the health facility with your wife to ask questions about child spacing.

For planning a healthy family,
toss the die to see how much you earn and get a **CHILD SPACING METHOD CARD.**





LIFE EVENT
Card

.....
Your wife gave birth **6 months** ago, and thinks she is pregnant again.

If she is pregnant, then it is a poorly spaced pregnancy. Your wife might become ill during delivery and you would need to pay medical fees.

Either play a **CHILD SPACING METHOD CARD** or pay **4 beads** for medical fees AND **GET ANOTHER BABY.**





LIFE EVENT
Card

.....
Your wife gave birth **6 months** ago, and thinks she is pregnant again.

If she is pregnant, then it is a poorly spaced pregnancy. Your wife's milk will dry up. She will be unable to breastfeed your current baby.

Either play a **CHILD SPACING METHOD CARD** or pay **4 beads** for putting your child's health at risk AND **GET ANOTHER BABY.**





LIFE EVENT
Card

Your wife gave birth **6 months** ago, and thinks she is pregnant again.

If she is pregnant, then it is a poorly spaced pregnancy. Your wife's body is not ready for another baby and she could get a tear in her uterus causing constant urine and feces flow.

Either play a **CHILD SPACING METHOD CARD** or pay **6 beads** medical costs and lost wages because your wife is too sick to work AND **GET ANOTHER BABY.**





LIFE EVENT
Card

.....
Your wife gave birth **6 months** ago, and thinks she is pregnant again.

If she is pregnant, then it is a poorly spaced pregnancy. Your new baby could be born too early, causing health issues.

Either play a **CHILD SPACING METHOD CARD** or pay **4 beads** for medical expenses AND **GET ANOTHER BABY.**





LIFE EVENT
Card

.....
Your wife gave birth **6 months** ago, and thinks she is pregnant again.

If she is pregnant, then it is a poorly spaced pregnancy. Your new baby could be born too soon and malnourished.

Either play a **CHILD SPACING METHOD CARD** or pay **4 beads** for medical expenses AND **GET ANOTHER BABY.**





LIFE EVENT Card



COIL (IUD or Copper T)

- Small, T-shaped plastic frame
- Inserted into the woman's womb by a trained health worker
- Protects from pregnancy for many years but can be removed at any time
- ***Good option for*** couples who want to wait at least a few years before their next child








IMPLANT

(Implanon / Jadelle)

- 1 or 2 small, soft capsules
 - Placed under the skin of a woman's arm by a trained health worker
 - Protects from pregnancy for up to 3 or 5 years, but can be removed at any time
 - **Good option for** couples who want to wait at least a year or two before their next child
- 






LAM (Breastfeeding)

Breastfeeding only protects from pregnancy if all of these are true:

1. The mother feeds the baby only breastmilk
2. The baby is less than 6 months old
3. The mother's monthly bleeding has not returned

Does not work if any of the three conditions above are not met







MOON BEADS

- Help couples track “safe” days when they can have sex without risk of pregnancy
- Only a good option for couples who are very sure they can abstain from sex or use a condom on fertile days
- ***Talk to your wife about*** how regular her cycle is and how many days it lasts



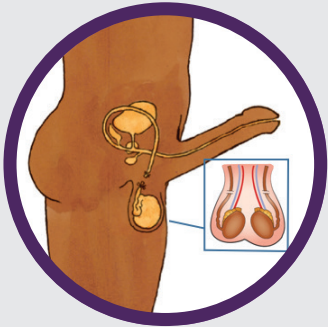




VASECTOMY

- Permanent, life-long pregnancy protection
- Health worker performs a minor surgery on the man
- Does not affect sexual performance: the man can have sex and finish in a normal way
- ***Talk to your wife*** to decide if you are sure that you do not want any more children

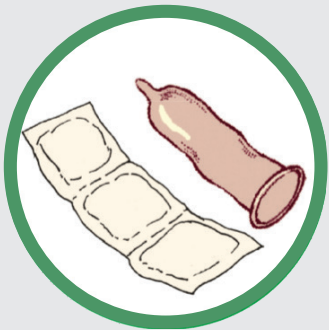







CONDOMS

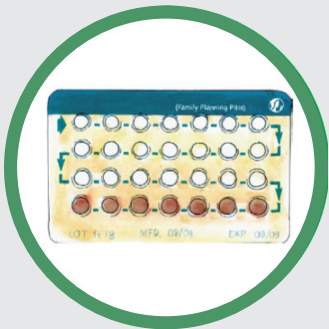
- A male condom covers a man's penis and a female condom is inserted into the vagina during sex to stop sperm from entering the woman
 - Condoms are the only method that protects from HIV and STIs
 - Condoms only work if used ***every time*** you have sex
- 





PILL


- Women must take one pill every day, whether or not she has sex that day
 - Only protects from pregnancy when the woman takes the pill every day
 - **Good option for** couples who think they might want another baby soon
 - **Ask your wife if** she thinks that she can remember to take the pill every day
- 





INJECTABLE

(Depo-Provera / Sayana Press)

- Injection into a woman's upper arm by a health worker that protects from pregnancy for three months
 - **Good option for** couples who think they might want another baby soon
 - **Ask your wife** if she is fine with returning to the health facility for injections every 3 months
- 

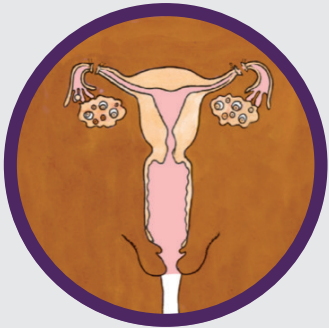




TUBAL LIGATION

- Permanent, life-long pregnancy protection
- Health worker performs a minor surgery on the woman lower abdomen and cutting the tubes that take the woman's egg to the uterus
- Does not affect woman's appearance or sex drive
- ***Talk to your wife*** to decide if you are sure that you do not want any more children







**Congratulations
on your new baby!**





**Oh no! Your baby
was not born
healthy.**





**Oh no! Your baby
was not born
healthy.**





**Oh no! Your baby
was not born
healthy.**






**Oh no! Your baby
was not born
healthy.**





**Oh no! Your baby
was not born
healthy.**






[Yes or No?]: Do all women experience side effects from child spacing methods?

Everyone reveal your answer


No. Although some women experience side effects, they are uncommon. People tend to talk more about bad things than good things, so you hear about these uncommon side effects. If a woman does experience side effects and is uncomfortable with them, she can switch to a different child spacing method.





QUIZ


Card



[Yes or No?]: If a mother is breastfeeding her child that is **7 months** old, and her bleeding has not yet returned, is it possible for her to get pregnant?

Everyone reveal your answer


Yes: It is possible for a woman to conceive even within **7 months** after delivering a baby. If a woman is breastfeeding, she is only protected from pregnancy if:

- the baby is less than 6 months
 - the baby does not eat any other food
 - and the woman has not started bleeding again.
- 



QUIZ


Card



[Yes or No?]: After giving birth, can a woman get pregnant before her period returns?

Everyone reveal your answer


Yes, a woman can get pregnant again even before her period has returned. Child spacing methods, like implants or injections, are some ways to ensure that she will not get pregnant right away.





QUIZ


Card



[Yes or No?] Is it healthy for a woman to get pregnant again within one year after giving birth?

Everyone reveal your answer


No. If a woman gets pregnant less than 2 years after she last gave birth, this is a poorly spaced pregnancy and she is at greater risk of issues during delivery, including heavy bleeding, low birth weight or even maternal and child death. 2 years is the recommended spacing for your wife and baby's health.





QUIZ


Card



A man in your community asks if child spacing methods cause deformities in babies. Do you tell him yes or no?

Everyone reveal your answer.

No. Child spacing methods do not cause deformity in unborn babies. Deformity comes from other factors, such as not getting proper antenatal care.





QUIZ


Card



[Yes or No?]: Can the implant disappear in the arm?

Everyone reveal your answer


No. After a health worker inserts the implant under a woman's skin, it will stay there. If the woman gains weight, it may be harder to feel the implant, but it's still there!





QUIZ


Card



A man in your community asks you if child spacing methods cause infertility, do you tell him yes or no?

Everyone reveal your answer


No. For some couples, it may take time to get pregnant. Child spacing methods do not cause infertility. Worldwide 15% of couples have trouble conceiving whether or not they are using child spacing methods.





QUIZ


Card



[Yes or No?]: When starting a child spacing method, do some women experience temporary changes in their monthly bleeding?

Everyone reveal your answer


Yes. Although many women are unaffected, some women might experience these changes. They usually go away within a few months, but if they continue and she is uncomfortable, she can simply switch to a different child spacing method.





QUIZ


Card



[Yes or No?]: Do people need to take a blood test to determine which child spacing method is meant for them?

Everyone reveal your answer


No. Child spacing methods work for all blood types. Sometimes health workers conduct blood tests to determine if someone has HIV — but this has nothing to do with child spacing methods.





QUIZ


Card



[Yes or No?]: Is an implant inserted under the skin of a woman's leg?

Everyone reveal your answer

No. Implants are soft plastic capsules placed under the skin of a woman's upper arm. They can be removed anytime. Once removed, a woman can become pregnant immediately.





QUIZ

Card



[Yes or No?]: To prevent pregnancy, does a woman receive the injectable every week?

Everyone reveal your answer


No. A woman only needs to receive the injectable every 3 months for it to work — not every week.





QUIZ


Card



[Yes or No?]: Is a woman most likely to get pregnant during her period?

Everyone reveal your answer


No. A woman is most likely to get pregnant between her periods - about 2 weeks after the first day of her bleeding. But it is also possible for her to get pregnant at other times.





QUIZ


Card



[Yes or No?]: If a woman removes the coil or implant can she get pregnant immediately?

Everyone reveal your answer


Yes. When an implant or coil is removed, a woman can get pregnant right away. These methods can protect against pregnancy for many years, but they can be removed at any time.





QUIZ


Card



[Yes or No?]: For couples not using any child spacing methods, are the chances of getting pregnant very high?

Everyone reveal your answer


Yes. For couples not using any child spacing methods, the chance of getting pregnant over one year is 85%. If you and your wife are not ready to get pregnant right now, talk to a health worker about your options for child spacing.





QUIZ


Card



[Yes or No?]: Tubal ligation is a safe and permanent child spacing method for woman involving a short operation.

Everyone reveal your answer


Yes. Tubal ligation is safe — a woman can return to her normal tasks about one week after the operation. It is a good for couples who are certain that they don't want any more children.





QUIZ


Card



[Yes or No?]: Not many women get side effects from child spacing methods. For the few that do get side effects, can she do anything to ease them?

Everyone reveal your answer


Yes. If a woman experiences side effects, she can go to the health facility for treatment or switch to a different method.





QUIZ


Card



[Yes or No?]: If a woman uses a coil for child spacing, can it hurt her husband during sex?

Everyone reveal your answer


No. The man will not even be able feel the coil inside a woman. The strings of the coil are short and soft and the coil can be removed anytime by a health worker if a couple is ready for another child.





QUIZ


Card



[Yes or No?] If a woman takes one birth control pill at the same time every day, is she protected from pregnancy?

Everyone reveal your answer


Yes. The woman must remember to take the pill at the same time every day.





QUIZ


Card



[Yes or No?]: After getting a vasectomy, will a man still want and enjoy sex just as he did before?

Everyone reveal your answer


Yes. A vasectomy is a safe and permanent method of child spacing for men. It does not change the experience of sex at all. A man will still get erections and finish during sex, but this liquid will not make a woman pregnant. This is very different from castration where a man's testes are removed (only common in animals).





QUIZ


Card



[Yes or No?]: Can any woman of childbearing age use MoonBeads to space children?

Everyone reveal your answer

No. MoonBeads only work for women who bleed at least once every 4 weeks. For women who have different bleeding patterns, MoonBeads will not always work.





QUIZ

Card



COST CARD - 1

What are the costs for delivering
a baby?

(Pause for discussion)

Now, every Household pay **1
bead** per child for these costs.





COST
Card




COST CARD - 2

What kind of costs are there in keeping a child healthy and meeting other basic needs?


(Pause for discussion)

Every Household pays **2 beads** per child for these costs





COST
Card



You sell your banana crop at a really high price.

*Toss the die to see how many
beads you earn*

ALWAYS USE





MY FAMILY



You are getting a lot of customers on your boda boda.


Toss the die to see how many beads you earn

ALWAYS USE





MY FAMILY



You have a beautiful family.

Toss the die to celebrate and
collect that many beads.

ALWAYS USE





MY FAMILY

Your football team wins the finals!

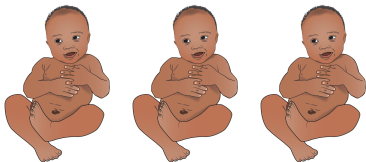
*Toss the die to see how many
beads you earn.*

ALWAYS USE





MY FAMILY



**Congratulations!
You had triplets!**

ALWAYS USE



MY FAMILY



**Congratulations
on your new baby!**



MY FAMILY



**Congratulations
on your new baby!**



MY FAMILY



**Congratulations
on your new baby!**



MY FAMILY



**Congratulations
on your new baby!**



MY FAMILY



**Congratulations
on your new baby!**



MY FAMILY



**Congratulations
on your new baby!**



MY FAMILY



**Congratulations
on your new baby!**



MY FAMILY



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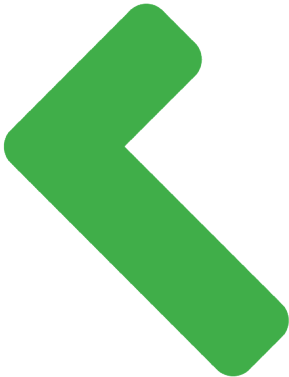
MY FAMILY

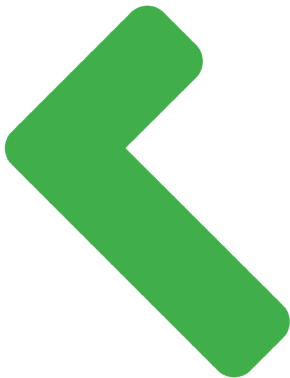


**Congratulations
on your new baby!**



MY FAMILY





the 1990s, the number of people who are employed in the service sector has increased in all countries.

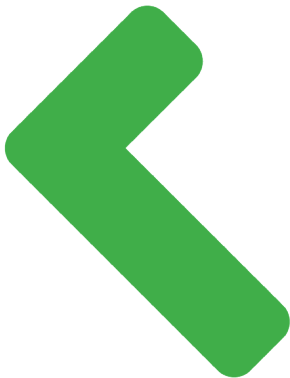
It is important to note that the increase in the service sector is not necessarily due to a decrease in the manufacturing sector. In fact, in the United States, the manufacturing sector has increased since 1980. However, the increase in the service sector is due to a decrease in the agricultural sector and a decrease in the manufacturing sector in other countries. In the United States, the service sector has increased because of a decrease in the agricultural sector and a decrease in the manufacturing sector in other countries. In the United States, the service sector has increased because of a decrease in the agricultural sector and a decrease in the manufacturing sector in other countries.

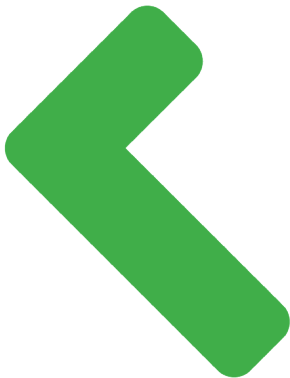
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the 1990s, the number of people in the UK who are employed in the public sector has increased from 10.5 million to 12.5 million, and the number of people in the public sector who are employed in health care has increased from 2.5 million to 3.5 million (Department of Health 2000).

There are a number of reasons for the increase in the number of people employed in the public sector. One reason is that the public sector has become a major employer in the UK. Another reason is that the public sector has become a major employer in the health care sector. A third reason is that the public sector has become a major employer in the social care sector. A fourth reason is that the public sector has become a major employer in the education sector.

The increase in the number of people employed in the public sector has led to a number of changes in the way that the public sector is organized. One change is that the public sector has become more decentralized. Another change is that the public sector has become more market-oriented. A third change is that the public sector has become more customer-oriented. A fourth change is that the public sector has become more performance-oriented.

The changes in the way that the public sector is organized have led to a number of challenges for the public sector. One challenge is that the public sector has become more complex. Another challenge is that the public sector has become more competitive. A third challenge is that the public sector has become more demanding. A fourth challenge is that the public sector has become more demanding.

The challenges that the public sector faces are a result of the changes in the way that the public sector is organized. The challenges that the public sector faces are a result of the changes in the way that the public sector is organized. The challenges that the public sector faces are a result of the changes in the way that the public sector is organized.

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the 1990s, the number of people in the UK who are aged 65 and over has increased from 10.5 million to 13.5 million, and the number of people aged 75 and over has increased from 4.5 million to 6.5 million (Office for National Statistics 2000).

There is a growing awareness of the need to address the needs of older people, and the need to ensure that the health care system is able to meet the needs of older people. The Department of Health (2000) has published a strategy for older people, which sets out the government's commitment to older people and the need to ensure that the health care system is able to meet the needs of older people.

The strategy for older people (Department of Health 2000) sets out the government's commitment to older people and the need to ensure that the health care system is able to meet the needs of older people. The strategy is based on the following principles:

- Older people should be able to live independently and actively in their own homes.
- Older people should be able to access the services they need to live independently and actively in their own homes.
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