

Healthy Timing and Spacing of Pregnancy Toolkit

Healthy timing and spacing of pregnancy (HTSP) is an approach to family planning that helps women and families delay, space, or limit their pregnancies to achieve the healthiest outcomes for women, newborns, infants, and children. HTSP works within the context of free and informed contraceptive choice and takes into account fertility intentions and desired family size.

This Toolkit supports evidence-based recommendations from the World Health Organization and USAID that:

- Women should delay their first pregnancy until at least age 18.
- After a live birth, women should wait at least 24 months before attempting another pregnancy in order to reduce the risk of adverse maternal, perinatal and infant outcomes.
- After a miscarriage or induced abortion, women should wait at least 6 months before attempting another pregnancy to reduce risks of adverse maternal and perinatal outcomes.

This Toolkit for policy makers, program managers, and service providers includes:

- Key evidence on the health benefits of HTSP
- International policy guidance from organizations such as the World Health Organization (WHO), UNFPA, and USAID
- Guidance and tools for advocating for HTSP
- Health communication tools that support the promotion of HTSP
- Training materials, counseling tools, and job aids for integrating HTSP counseling and messaging into health services
- Guidance and indicators for monitoring and evaluating HTSP efforts
- Examples of country-specific recommendations and experiences with HTSP messaging and programming

If you have an experience to share about the introduction or provision of HTSP services, we invite you to tell us about it through the feedback form, where you can also suggest new resources for inclusion in the Toolkit. For more detailed information about this and other K4Health Toolkits, please visit the About page.

What are K4Health Toolkits?

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What are K4Health Toolkits?

K4Health Toolkits are electronic collections of carefully selected information resources on a particular topic for health policy makers, program managers, and service providers. They are based on a continuous publishing principle that allows them to evolve after publication to capture additional resources and to identify and fill remaining information gaps.

What is the purpose of this Toolkit?

The HTSP Core Group hopes that you will find this Toolkit to be your primary source of evidence-based knowledge on HTSP and resources for integrating HTSP into your existing health and community programs and policies. The studies and resources that have been included here have been carefully selected and organized so that you can easily find the material(s) that you need, whether for advocacy, training, or health systems strengthening so that women in your community, region or country can safely delay, space or limit her pregnancies for the healthiest outcomes for women, children, families and communities.

Who developed this Toolkit?

The Extending Service Delivery Project (ESD), in collaboration with FHI 360, Georgetown University's Institute for Reproductive Health (GU-IRH), the Maternal Child Health Integrated Program (MCHIP) and World Vision (WVUS), along with the Knowledge for Health (K4Health) Project, made up the Steering Committee that outlined the development of the Toolkit. HTSP Core Group members and HTSP Champions from around the world (from 32 countries and 106 organizations and projects) contributed resources to include in the Toolkit.

ESD is funded by USAID to promote family planning to underserved communities where the demand for family planning and reproductive health information and services is high. Led by Pathfinder International, the other partners include Management Sciences for Health, IntraHealth International and Meridian International.

What types of resources are included?

The Toolkit includes research papers that discuss the evidence for the benefits of HTSP, international policy guidance from organizations such as the World Health Organization, UNFPA, and USAID, training manuals and materials, job aids, client education materials, public education materials and resources for advocating with policy makers and community members.

Who are the intended audiences?

- **Policymakers** will find research and information to help set national guidelines about HTSP programs and plan for future changes in service delivery.
- **Program managers** will find information and job aids to help them design, plan, and manage HTSP programs.
- **Community health workers** will find tools and job aids to help them provide quality services to their clients.
- **Communication professionals** can use the toolkit resources to explore strategies, media, and messages about HTSP.
- **Trainers** can review the latest curricula for training community health workers on family planning and reproductive health generally and for specific contraceptive methods.

We invite you to suggest suggest a resource or adapt the resources in this toolkit to suit your local circumstances and languages.

How do I get started using this Toolkit?

To browse the content of this Toolkit, use the navigation to view resources related to key program topics. Each tab includes a list of a number of high-quality resources selected by the HTSP Toolkit Steering Committee, further organized by sub-topic. Click on the title of the resource for more information about it, or click on the full-text link to get direct access to the full resource.

Some of the tools are readily available in an adaptable format (for example, Microsoft Word documents and PowerPoint presentations). We encourage you to alter and personalize these tools for your own use. (Please remember to credit the source). If you do use these tools or adapt them, we would love to hear from you. Please e-mail us. (To make a comment about the toolkit or suggest a resource, use the feedback form.)

How can I suggest a resource to include in this Toolkit?

We invite you to contribute to evolving and enhancing this Toolkit. If you have developed or use quality resources that you think should be included in this Toolkit, please use the feedback form to suggest them. The Toolkit collaborators will review and consider your suggestions.

How can I make a comment or give feedback?

If you have comments about the Toolkit, please use the feedback form. Your feedback will help to ensure the toolkit remains up-to-date and is continually improved. For example, you can share ideas about how you have used the toolkit in your work so that others can learn from and adapt your experiences.



Related eLearning Courses:
Healthy Timing and Spacing of Pregnancy

Essential Knowledge



Educating women, men, youth, and communities

about the benefits of using family planning to practice healthy timing and spacing of pregnancy (HTSP) is an effective way to strengthen and revitalize family planning programs in sensitive settings. HTSP focuses on health for both the mother and baby, and it highlights how family planning can prevent maternal and child illness and death.

Healthy timing and spacing of pregnancy is an approach to family planning that:

- Helps women and families delay, space, or limit their pregnancies.
- Helps achieve the healthiest outcomes for women, newborns, infants, and children.

- Works within the context of free and informed contraceptive choice.
- Takes into account fertility intentions and desired family size.

The HTSP approach is grounded in research. USAID supported a series of six studies on pregnancy spacing and health outcomes, and the findings were reviewed in 2005 by a panel of technical experts. These experts made two recommendations to the World Health Organization (WHO) on pregnancy spacing intervals following a live birth, abortion, or miscarriage, which were later issued in a WHO Policy Brief from the Department of Reproductive Health and Research and the Department of Making Pregnancy Safer, titled ***Birth Spacing ? Report from a WHO Technical Consultation***. These recommendations are as follows:

- **After a live birth**, the recommended interval before attempting the next pregnancy is **at least 24 months** in order to reduce the risk of adverse maternal, perinatal, and infant outcomes.
- **After a miscarriage or induced abortion**, the recommended minimum interval to the next pregnancy is **at least six months** in order to reduce risks of adverse maternal and perinatal outcomes.
- In addition, USAID, WHO, UNFPA, and UNICEF all recommend that **women should delay their first pregnancy until at least age 18**.

This section of the HTSP Toolkit is intended to provide users with an overview of the evidence base for HTSP, including Frequently Asked Questions about HTSP. To access peer-reviewed journal articles and grey literature on HTSP, please visit **POPLINE**, where you can access papers on a range of topics related to HTSP, including:

- Youth-friendly family planning services
- Integrating HTSP into postpartum family planning and other health services
- Postabortion care

Do you have a comment about this section of the Toolkit or a resource you'd like to suggest for inclusion? To share your thoughts, please visit the feedback form.

Resources:

- **HTSP 101: Everything You Want to Know About Healthy Timing and Spacing of Pregnancy**

This four-page brief provides a concise but informative overview of HTSP.

- **New Literature Review: A Focus on Pregnancy Spacing Among First-Time Parents**

This two-page brief describes a literature review being compiled by E2A that makes the argument for reproductive health programs to focus on how first-time parents space their second and subsequent pregnancies. E2A defines first-time parents as young married mothers under the age of 25 and their partners, who have one child.

- **Engaging Families for a Healthy Pregnancy**

This report is a focused desk review of the knowledge, attitudes, and behaviors related to pregnancies in three high-risk situations: advanced maternal age, high parity, and rapid repeat pregnancies after abortion or miscarriage.

- **Healthy Timing and Spacing of Pregnancy Animation**

Healthy timing and spacing of pregnancy (HTSP) is an approach to family planning that helps women and families delay, space, or limit their pregnancies to achieve the healthiest outcomes for women, newborns, infants, and children. HTSP works within the context of free and informed contraceptive choice and takes into account fertility intentions and desired family size. This video explains the basics of HTSP in a short animated form.

Policy & Advocacy



Behavior change around healthy timing and spacing of pregnancy (HTSP) can not be scaled up or sustained without a supportive environment. In some cases, this requires not only policy change but also improved ability of institutions to implement new policies. Policy makers increasingly understand that clear health policies and guidelines are needed to set priorities and provide the basis for action.

Many national policies do *not* clearly link timing and spacing of pregnancies with reduced maternal and child mortality or morbidity. HTSP can significantly contribute to efforts to reduce maternal and child mortality and morbidity, but to ensure this happens, policies and guidelines must clearly spell out the role and benefits of increased access to family planning and HTSP information and services in maternal, newborn, and child health (MNCH) programs.

This section of the Toolkit also includes advocacy materials, including briefs and presentations, that can be used to make the case for developing and implementing policies that support HTSP.

To access general family planning advocacy materials, please visit the **Family Planning Advocacy Toolkit**.

We would like to include examples of national policies and guidelines that incorporate HTSP in this Toolkit. Submit examples or share your comments by filling out the feedback form.

Resources:

- **Why Christian Values Support Family Planning (Infographic)**

This infographic outlines the rationale for using family planning for healthy timing and spacing of pregnancy from a Christian perspective.

- **HTSP Changes and Transforms Lives**

Two infographics with advocacy points on the health timing and spacing of pregnancy.

- **Healthy Timing and Spacing of Pregnancy Animation**

Healthy timing and spacing of pregnancy (HTSP) is an approach to family planning that helps women and families delay, space, or limit their pregnancies to achieve the healthiest outcomes for women, newborns, infants, and children. HTSP works within the context of free and informed contraceptive choice and takes into account fertility intentions and desired family size. This video explains the basics of HTSP in a short animated form.

- **Healthy Timing and Spacing of Pregnancies: A Family Planning Investment Strategy for Improving the Health and Well-Being of Women and Girls**

This brief describes how healthy timing and spacing of pregnancies through family planning can improve the well-being and health of women and girls.

- **How Using Family Planning to Time and Space Pregnancies Reduces Mortality**

This presentation makes the case that family planning reduces infant and maternal mortality by helping families time and space their pregnancies at safe intervals. The presentation then provides information on a range of contraceptive methods.

- **Facts for Family Planning**

This book provides key information for people who communicate about voluntary family planning and reproductive health in developing country settings. This book will help advocates and others develop materials and key messages about family planning. Chapter 1 is especially helpful to family planning advocates, including journalists-- it describes how family planning can improve women's health and offers key reasons why promoting family planning is important at the local, national, and international levels.

Health Communication



The emphasis healthy timing and spacing of

pregnancy (HTSP) places on **healthy fertility** enables women and couples to make informed decisions about pregnancy timing and spacing to achieve the healthiest possible pregnancy outcomes.

Information, Education, and Communication (IEC) is a process of working with individuals, communities, and societies to develop context-appropriate communication strategies to promote healthful behaviors such as HTSP. This section of the Toolkit shares resources to effectively communicate about family planning and HTSP. These include PowerPoint presentations that you can use and/or adapt for your audience, links to a short video public service announcement (PSA), a video about HTSP, and IEC materials such as posters and brochures.

For counseling tools and job aids for communicating about HTSP with clients, please visit the **Service Delivery** section of the Toolkit.

Do you have a comment about this section of the Toolkit or a resource you'd like to suggest for inclusion? To share your thoughts, please visit the feedback form.

Resources:

- **Why Christian Values Support Family Planning (Infographic)**

This infographic outlines the rationale for using family planning for healthy timing and spacing of pregnancy from a Christian perspective.

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The HTSP Implementation Kit

Healthy Timing and Spacing of Pregnancy (HTSP) is an under-utilized approach to family planning and maternal and child health education, counseling and services to help families have planned pregnancies at the healthiest times of their lives for the best outcomes for mother and child. The HTSP I-Kit is designed to help program managers address the risks of pregnancies among women aged 35 and older (of advanced maternal age, or AMA) and women having five or more births (high-parity, or HP) in their family planning or maternal and child health programs.

- ## **Health Education Materials for the Workplace**

This toolkit contains materials to provide healthy timing and spacing of pregnancy (HTSP) messaging specifically for workplaces, including mini-posters and handouts.

- ## **HTSP Implementation Kit**

This I-Kit aims to help program managers use SBCC to include advanced maternal age (AMA) and high parity (HP) pregnancy topics in their existing or planned FP or MCH programs. The I-Kit includes a set of adaptable HTSP communication materials and tools that focus on preventing AMA and HP pregnancies for various priority audiences.

- ## **Facts for Family Planning**

This book provides key information for people who communicate about voluntary family planning and reproductive health in developing country settings. This book will help advocates and others develop materials and key messages about family planning. Chapter 1 is especially helpful to family planning advocates, including journalists-- it describes how family planning can improve women's health and offers key reasons why promoting family planning is important at the local, national, and international levels.

- ## **Thinking about getting pregnant again? When is a good time? (brochure)**

This pamphlet, developed in collaboration with Bayer Schering Pharma, presents the HTSP and FP information in a simple format for providers to share with their clients.

- **Thinking about getting pregnant again? When is a good time? (poster)**

This poster can be hung in facility waiting or exam rooms to present HTSP/FP information to clients.

Training

Health care providers, community health workers, peer educators, and community leaders need to be familiar with the evidence supporting healthy timing and spacing of pregnancy (HTSP). They also must understand the various service delivery models for promoting HTSP through education, counseling, and other activities. Training providers and others who influence health decision making on the benefits of HTSP and the outcomes related to high risk pregnancies (for example, those that occur before the age of 18 or after the age of 35, those that are parity 5 or greater, or those that are too closely spaced) will help ensure that women and families have access to the information and services they need to plan their families with the goal of healthy fertility. HTSP training can be easily integrated into existing pre- and post-service training on primary health care, family planning, maternal and child health services, HI



V/AIDS testing and treatment, and other health services.

This section of the Toolkit contains training materials to further the promotion of HTSP through health and community services. Many of these resources can be adapted for different purposes and contexts.

Do you have a comment about this section of the Toolkit or a resource you'd like to suggest for inclusion? To share your thoughts, please visit the feedback form.

Resources:

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Providing Reproductive Health Services to Young Married Women and First-time Parents in West Africa: A Supplemental Training Module for Facility-based Health Care Providers

Young married women and first-time parents (FTPs) face a unique set of challenges to living healthy sexual and reproductive lives. This training aims to give health care providers the knowledge and skills they need to meet the needs of these groups. This training is designed for use in francophone West Africa, where a significant proportion of adolescent girls aged 15?19 and young women aged 20?24 are married or living in union, but it can easily be adapted for other settings.

This 1-day training is intended for facility-based health care providers (e.g., doctors, nurses, midwives) who have already received training in adolescent and youth sexual and reproductive health (AYSRH). Alternatively, it could be integrated into a broader AYSRH training. The module covers topics including healthy timing and spacing of pregnancy (HTSP), nonjudgmental counseling for young married women and FTPs, and the particular challenges and pressures concerning childbearing faced by young married women and FTPs. The training consists of trainer presentations (slides included) and participatory small and large group activities.

- # **Providing Reproductive Health Services to Young Married Women and First-time Parents in West Africa: A Supplemental Training Module for Community Workers Conducting Home Visits**

This training aims to give community health workers conducting home visits to young married women and first-time parents (FTPs) the knowledge and skills needed to promote the sexual and reproductive health and rights of these groups. This training is designed for use in francophone West Africa, where a significant proportion of adolescent girls aged 15?19 and young women aged 20?24 are married or living in union, but it can easily be adapted for other settings.

This 2-day training is intended for community health workers who have already received some training in adolescent and youth sexual and reproductive health (AYSRH). Alternatively, it could be integrated into a broader AYSRH training, and sections could be adapted to train community workers who are engaged in activities other than home visits. The module covers topics including healthy timing and spacing of pregnancy (HTSP),

nonjudgmental counseling for young married women and FTPs, and the particular challenges and pressures concerning childbearing faced by young married women and FTPs. The training consists of trainer presentations (slides included) and numerous participatory small and large group activities.

- **Small Group Facilitation for Young Married Women and First-time Parents in West Africa: A Supplemental Training Module for Facilitators**

This training aims to impart the skills needed for peers to facilitate small groups of young married women and first-time parents (FTP), which can reduce these young women's social isolation and increase knowledge of sexual and reproductive health. This training is designed for use in francophone West Africa, where a significant proportion of adolescent girls aged 15-19 and young women aged 20-24 are married or living in union, but it can easily be adapted for other settings.

This 2-day training is intended for young married women and FTPs who will facilitate small groups of their peers, where they can discuss SRH and contraception, as well as participate in activities (using the GREAT Activity Cards) that help them build problem-solving skills and better negotiate the pressures they face to have children. This module should supplement a broader training in adolescent and youth sexual and reproductive health (AYSRH). Alternatively, it could be integrated into a broader AYSRH training. The module covers topics including healthy timing and spacing of pregnancy (HTSP), small group facilitation, and the particular challenges and pressures concerning childbearing faced by young married women and FTPs. The training consists of trainer presentations (slides included) and numerous participatory small and large group activities.

- **Healthy Timing and Spacing of Pregnancies: Addressing Advanced Maternal Age and High Parity in Family Planning Programs Implementation Kit**

The HTSP I-Kit is designed to help program managers address the risks of pregnancies among women aged 35 and older (of advanced maternal age, or AMA) and women having five or more births (high-parity, or HP) in their family planning or maternal and child health programs.

This I-Kit aims to help program managers use SBCC to include AMA and HP pregnancy topics in their existing or planned FP or MCH programs. The I-Kit includes a set of adaptable HTSP communication materials and tools that focus on preventing AMA and HP pregnancies for various priority audiences.

Service Delivery



Healthy timing and spacing of pregnancy (HTSP) helps women and families delay, space, or limit pregnancies and achieve healthy outcomes for mothers and children by informing them about how family planning contributes to the overall health and well being of individuals, families, and communities. By addressing the concept of **healthy fertility**, HTSP information strengthens the case for family planning and facilitates the integration of family planning with other health services.

Information on HTSP and its benefits can readily be integrated into client education and counseling, community outreach, and public health education, especially for family planning, maternal and child health, postabortion care, HIV/AIDS, immunization visits, and general community health. Several countries have incorporated HTSP messages into service delivery guidelines and increased family planning acceptability among conservative communities.

As described in the **Training** section of the Toolkit, HTSP messages can easily be added to existing training activities. Once providers have been trained in HTSP, service delivery guidelines, tools, and job aids should reinforce the training and encourage their application in facilities and at the community level.

This section of the Toolkit shares guidance for integrating HTSP messaging into health programs, job aids for counseling clients on HTSP and family planning, and other service delivery tools to facilitate information sharing about HTSP.

Do you have a comment about this section of the Toolkit or a resource you'd like to suggest for inclusion? To share your thoughts, please visit the feedback form.

Resources:

- **Providing Reproductive Health Services to Young**

Married Women and First-time Parents in West Africa: A Supplemental Training Module for Facility-based Health Care Providers

Young married women and first-time parents (FTPs) face a unique set of challenges to living healthy sexual and reproductive lives. This training aims to give health care providers the knowledge and skills they need to meet the needs of these groups. This training is designed for use in francophone West Africa, where a significant proportion of adolescent girls aged 15?19 and young women aged 20?24 are married or living in union, but it can easily be adapted for other settings.

This 1-day training is intended for facility-based health care providers (e.g., doctors, nurses, midwives) who have already received training in adolescent and youth sexual and reproductive health (AYSRH). Alternatively, it could be integrated into a broader AYSRH training. The module covers topics including healthy timing and spacing of pregnancy (HTSP), nonjudgmental counseling for young married women and FTPs, and the particular challenges and pressures concerning childbearing faced by young married women and FTPs. The training consists of trainer presentations (slides included) and participatory small and large group activities.

- ## **Providing Reproductive Health Services to Young Married Women and First-time Parents in West Africa: A Supplemental Training Module for Community Workers Conducting Home Visits**

This training aims to give community health workers conducting home visits to young married women and first-time parents (FTPs) the knowledge and skills needed to promote the sexual and reproductive health and rights of these groups. This training is designed for use in francophone West Africa, where a significant proportion of adolescent girls aged 15?19 and young women aged 20?24 are married or living in union, but it can easily be adapted for other settings.

This 2-day training is intended for community health workers who have already received some training in adolescent and youth sexual and reproductive health (AYSRH). Alternatively, it could be integrated into a broader AYSRH training, and sections could be adapted to train community workers who are engaged in activities other than home visits. The module covers topics including healthy timing and spacing of pregnancy (HTSP), nonjudgmental counseling for young married women and FTPs, and the particular challenges and pressures concerning childbearing faced by young married women and FTPs. The training consists of trainer presentations (slides included) and numerous participatory small

and large group activities.

- **BASICS HTSP Tool Kit - Opportunities for the Integration of HTSP into MCH Programs**

This document includes a graphic display, indicating various opportunities for HTSP to be integrated into maternal and child health programs.

- **Youth Friendly Postabortion Care (YFPAC) Job Aids - English**

The following job aids are available for PAC:

1. Postabortion-Care Counselling for Young Clients (Booklet)
2. Youth-Friendly Postabortion-Care Cue Cards for Providers
3. Postabortion Care Rights of Clients (poster)
4. Pain Management (flyer). *Note: This flyer is generalized and can be used to help youth manage their pain before, during or after procedures.*
5. Counseling Principles

- **Youth Friendly Postabortion Care (YFPAC) Job Aids - French**

The following job aids are available in French for PAC:

1. Postabortion-Care Counselling for Young Clients (Booklet)
2. Youth-Friendly Postabortion-Care Cue Cards for Providers
3. Postabortion Care Rights of Clients (poster)
4. Pain Management (flyer). *Note: This flyer is generalized and can be used to help youth manage their pain before, during or after procedures.*
5. Counseling Principles

Assessment, Monitoring & Evaluation



Integrating healthy timing and spacing of pregnancy (HTSP) information and messages into trainings, client education, and maternal and child health services can lead to changes in the behaviors of providers and clients that result in improved health outcomes. To assess the health effects of providing information on the benefits of HTSP, program managers and researchers need to use good indicators and establish effective systems of monitoring and evaluation to measure uptake of family planning services and improved pregnancy spacing.

In this section of the Toolkit, you will find examples of indicators that programs have used to measure HTSP outcomes, as well as programmatic guidance for implementing monitoring and evaluating HTSP approaches.

Do you have a comment about this section of the Toolkit or a resource you'd like to suggest for inclusion? To share your thoughts, please visit the feedback form.

Resources:

- **ESD HTSP Indicators**

These are 22 illustrative HTSP indicators that ESD has developed to measure output and outcome levels.

- **BASICS HTSP Tool Kit - Interview with Religious Leaders and Community Workers**

This is a guide for the rapid assessment of FP services for the integration of HTSP within child health programs. It is geared towards interviewing Religious Leaders and Community Workers.

- **BASICS HTSP Tool Kit - Interview with Care Takers**

This is a guide for the rapid assessment of FP services for the integration of HTSP within child health programs. It is geared towards interviewing care takers.

- **BASICS HTSP Tool Kit - Exit Interview for Contraceptive Users**

This is a guide for a rapid facility functionality assessment for integration of HTSP within child health programs. It is a guide to conduct exit interviews with contraceptive users at health facilities.

- **BASICS HTSP Tool Kit - Facility Assessment Guide**

This guide provides two resources:

1. A guide for the rapid assessment of FP services for the integration of HTSP within child health programs. It is geared towards interviewing District Public Health Officers, FP Coordinators or MCH Coordinators at the District hospital, community health center or health post.
2. A guide for the rapid facility functionality assessment for integration of HTSP within health facilities. It is geared towards interviewing FP Program Officers, MCH Coordinators and Midwives at hospitals, community health centers and health posts at FP Clinics.

- **BASICS HTSP Toolkit - Supportive Supervision Checklist on HTSP and FP for Health Facilities**

This is a supportive supervision checklist for HTSP/FP and includes questions on the following: providers basic knowledge of HTSP/FP, health services organization, availability of FP materials for demonstration, staff training on HTSP/FP, quality of HTSP/FP counseling, infection prevention control measures, FP logistics and supplies, FP commodities and equipment, FP data management, and supervision.

- **Framework for M&E at country level of HTSP integration into routine newborn and child health**

This tool provides guidelines on how to monitor and evaluate HTSP integration activities. Four key areas are highlighted: 1) Integrated or isolated materials (policy, protocols, curriculum, guidelines ..) developed/adapted; 2) Knowledge generation among target beneficiaries (mostly child bearing women 15-29 years old) through conference, media campaign and social mobilization, and provider-client interaction; 3) Building capacity of newborn and child health service providers through training, supervision, and coaching; and, 4) Increasing length of stay in the FP program of child bearing women NCH client and FP users. Specific indicators are suggested and defined, and targeted outputs/outcomes are identified. The guidelines also provide recommendations on data collection techniques and frequency of data collection.

- **BASICS HTSP Tool Kit: Core Indicator Profiles**

This tool, provided for by USAID's BASICS project, gives an overview of core indicators to measure HTSP.

- **BASICS HTSP Tool Kit - Health Facility Interview Guide**

This is a brief interview guide for conducting an evaluation of HTSP activities in health facilities.

- **BASICS HTSP Tool Kit - USAID Mission Interview Guide**

This is a brief interview guide for conducting an evaluation of HTSP activities with the Mission.

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BASICS HTSP Tool Kit - Client Exit Interview Guide

This is a brief client exit interview guide for evaluating HTSP activities within health facilities.

- ## **BASICS HTSP Tool Kit - Interview with Health Care Providers**

This is a guide for the rapid assessment of FP services for the integration of HTSP within child health programs. It is geared towards interviewing Health Care Workers and/or Coordinators at various points of care, such as antenatal care, prevention of mother to child transmission of HIV (PMTCT), maternal and child health, integration management of childhood illnesses, and immunization clinics.

Country Experiences



Since 2000, USAID-funded programs have been incorporating information on, and approaches for, healthy timing and spacing of pregnancy (HTSP)--sometimes referred to as optimal birth spacing intervals--into family planning, maternal and child health, and other health and social services. ESD and other programs have found that HTSP and its emphasis on using family planning for healthy fertility information is positively received, especially in conservative communities that have been historically reluctant to accept family planning services.

In this section of the Toolkit, you will find documentation of these experiences in particular countries and regions, including examples of health communication programs that have effectively reached women and families with HTSP messaging and examples of health programs into which HTSP has been integrated.

Do you have a comment about this section of the Toolkit or a resource you'd like to suggest for inclusion? To share your thoughts, please visit the [feedback form](#).

HTSP Messaging



Programs can reach women and families with information on the

benefits of using family planning for healthy timing and spacing of pregnancy (HTSP) in many ways. These channels include religious leaders, community organizations, family planning champions, the media, prenatal and postpartum care, well baby visits, community health workers, and more. This section of the Toolkit shares the experiences of projects in particular countries with HTSP messaging.

Integrating HTSP into Health Programs



There are many windows of opportunity for health

care providers to reach women and families with information on healthy timing and spacing of pregnancy (HTSP) and link them with family planning services. Integrating HTSP counseling into prenatal and postpartum visits, infant and child health visits, immunization visits, and other health services will help ensure that those who wish to delay, space, or limit pregnancies have access to family planning information and services. This section of the Toolkit shares country-specific examples of a range of health programs that have integrated HTSP into their services.

Resources:

- **Case Study: SBCC Implementation Kit Helps Providers Address High-Risk Pregnancy in Togo**

In 2016, Marie Stopes International and the Association Togolaise pour le Bien-Être Familial used the HC3's Healthy Timing and Spacing of Pregnancy (HTSP) Advanced Maternal Age and High-Parity Pregnancy Implementation Kit (I-Kit) to address and prevent high-risk pregnancies in Niger and Togo. This case study presents the results from the pilot project in Togo.

- **Case Study: SBCC Implementation Kit Helps Communities in Niger Communicate about High-Risk Pregnancies**

In 2016, Marie Stopes International and the Association Togolaise pour le Bien-Être Familial used the HC3's Healthy Timing and Spacing of Pregnancy (HTSP) Advanced Maternal Age and High-Parity Pregnancy Implementation Kit (I-Kit) to address and prevent high-risk pregnancies in Niger and Togo. This case study presents the results from the pilot project in Niger.

- **Reaching Young Married Women and First-time Parents for Healthy Timing and Spacing of Pregnancies in**

Burkina Faso

This technical brief discusses Pathfinder's experience in Burkina Faso, implementing a project to reach young married women, first-time parents, and their key influencers, for healthy timing and spacing of pregnancy through contraceptive use.

Burkina Faso has a high total fertility rate and low contraceptive rates. Girls and young women tend to marry early, and most sexual activity occurs in the context of marriage. Despite a significant need for timely and accurate sexual and reproductive health information and services, there is a dearth of targeted sexual and reproductive health interventions for young married women and first-time parents. Between 2012 and 2015, Pathfinder International worked with the Burkina Faso Ministry of Health and local partners to develop and implement a project that has supported increased contraceptive use among young married women and first-time parents for healthy timing and spacing of pregnancies. This technical brief discusses Pathfinder's implementation experience working, as well as how the project responded to an existing gap in evidence, about how to reach this hard-to-reach population, through intensive qualitative and monitoring documentation.

Source URL: <https://www.k4health.org/toolkits/HTSP>