Healthy Birth Spacing

Waiting until your youngest child is at least two years old before getting pregnant again helps you, your baby, and your family stay as healthy and strong as possible.

Benefits of Birth Spacing

- Time for the mother to recover after a pregnancy.
- Lower risk of underweight babies.
- Lower risk of sickness, disability, and death in newborn babies.
- Lower risk of complications during pregnancy.
- More time to care for older siblings.

Colorado Department of Public Health and Environment

Family Planning Program
Prevention Services Division

Colorado WIC
Growing Healthy Families

Timing is everything...

Family planning clinics can help you space pregnancies for a healthy family.

Family planning clinics can help with healthy birth spacing

Family planning services can help you space your pregnancies by allowing you to choose if and when you want to have another child.

Everyone can use family planning clinics

Any woman or man, teen or adult, single or in a relationship, no matter what race, sexual orientation, or immigration status, can go to a family planning clinic.

Family planning clinics offer many services

Family planning clinics are located throughout the state of Colorado and provide:

- Many different kinds of birth control, including birth control pills, the birth control shot, contraceptive implants, condoms and IUDs.
- Pregnancy testing and counseling.
- Testing for sexually-transmitted infections, HIV, and some types of cancer.
- Counseling on health issues.
- Many family planning clinics offer convenient walk-in hours.

Family planning clinics are affordable

All services are offered at low or no cost. Most family planning clinics accept Medicaid and private insurance. If you are uninsured, services will be charged based on what you can afford to pay.

Finding a clinic

To find a clinic near you, visit:

www.colorado.gov/cdphe/family planning

Or use your smartphone to scan the QR code below.

Scheduling a visit

To schedule a visit, simply call the phone number associated with the clinic you want to go to and request an appointment.