

MAILING TO WOMEN WITH A RECENT BIRTH

Two or Three Children are Enough

Dear Mrs. _____,

Congratulations! We hope you and your new baby are happy and healthy. Parents want a comfortable life for themselves and for their children. Parents are now deciding to plan the size of their families and to space the distance between births. At least 2 years is needed between pregnancies for the mother's health. Many couples are now completing their family size after two or three children. They want to provide a better standard of living for themselves and to give the children they have adequate education, food, clothing, and, most important, love and attention.

Enclosed is literature on several reliable, free and easy to use methods of spacing or stopping childbirth. Take these leaflets to the family planning clinic nearest you. Or for further information just mail the enclosed postcard to us and we will send you a special booklet on family planning. Your friends, neighbors and relatives will want to know about family planning. Give the enclosed cards to your friends.

If you want to have any further information, write _____ or call _____.

Sincerely yours,

Department of Health Representative

P.S. Act now or you may have an unwanted pregnancy.

Enclosures: Leaflets on contraceptives with all clinic addresses
2 special introductory cards for friends with map locating nearest clinic stamped on back of the card
1 postcard to get further information