

## THE NEWSPAPER AND MAGAZINE INSERT

The top of the insert is, "Two or three children are better: the loop and pill are safe," with a family planning symbol.

With today's modern medicine more children are surviving. Because more children are surviving, the population is growing very fast. With our country's population doubling every 23 years, there are problems of providing adequate education and health facilities as well as job opportunities.

The completed family size in our country is \_\_\_\_ children. Parents are not able to adequately care for or educate \_\_\_\_ children. A large family means crowded living conditions and more sickness in the family.

Fortunately modern medicine has also brought us means to space the distance between pregnancies or to stop having children. The pill, loop and condom are safe and reliable means of spacing or stopping pregnancies.

The pill is taken by the women each night before she goes to bed. There are 21 pills in each packet. The woman starts the pills on the fifth day after her period and takes one a day for three weeks. The period will begin. She then begins another packet of pills and continues taking the pills until she wants another pregnancy.

The loop is a small piece of plastic that is placed in the womb by a doctor. It takes only a few seconds to get a loop and there is no pain. When the woman wants more children, she can have the loop removed. Some women will have discomfort when they take the loop or pill, usually the women will have heavier periods, but the problems often go away.

The condom is made of rubber and used by the man every time he and his wife want to avoid a pregnancy.

For further information, you can write \_\_\_\_\_ or call \_\_\_\_\_. You can go to a clinic listed on the other side of this sheet and a doctor will prescribe the pills, insert the IUD or issue condoms.