You can help to improve the health of women and prevent their babies from having low birthweights by encouraging family planning.Exclusive breastfeeding (see Topic 6) is one contraceptive method (although not a totally secure one).A woman is unlikely to become pregnant if: she has not restarted her menstrual periods and; the baby is less than six months old and; the baby breastfeeds exclusively (has nothing else to eat or drink or suck).

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