



# When you take care of **your family's health**, you take care of **your own health!**

## HOW?



### PLAN AND SPACE YOUR FAMILY WITH YOUR PARTNER

Discuss with your partner the number and spacing of children. You will help significantly increase the chances of a safe and comfortable birth of your child and for her mother. A healthy birth will give your children a better start at school and in life. And well-spaced families also have more money to go around.



### TAKE YOUR CHILDREN TO THE HEALTH CLINIC

Getting your children vaccinated and keeping them healthy is the right thing to do and one of the most important things that you can do as

a father. You are critically important in protecting your children from illnesses.



### PARTICIPATE IN CARE-TAKING FOR YOUR FAMILY

You can show you care by staying interested in your children's schooling and their health. It's important to play and spend time with them, in addition to the role of providing financial support to your family.

**A healthier family means a healthier you. Being an involved parent is good for you.**



**Talk to a health care provider you trust at your workplace or in your community**

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