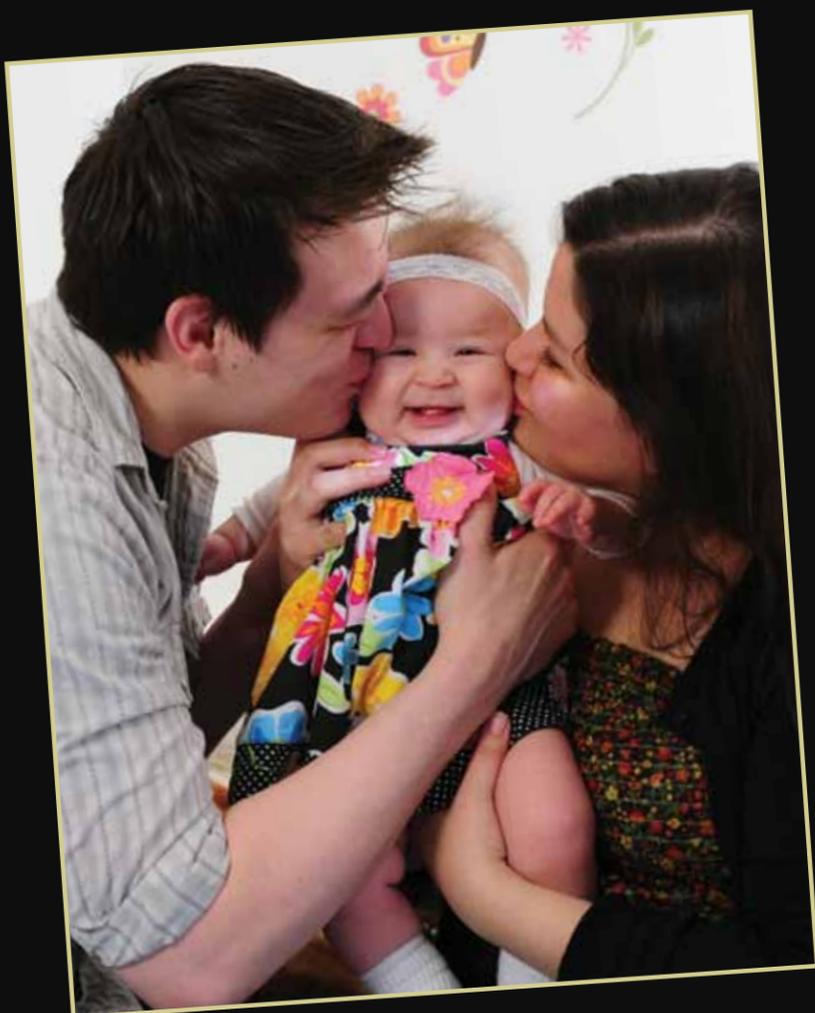




Timing is everything...



Little babies make a big impact on a family.

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

Talk to your health care provider today to learn how to plan your pregnancies.

www.hss.alaska.gov/dph/wcfh/timing/

Alaska Department of Health and Social Services | Division of Public Assistance | Division of Public Health

