



THE FIRST-TIME PARENT LIFESTAGE

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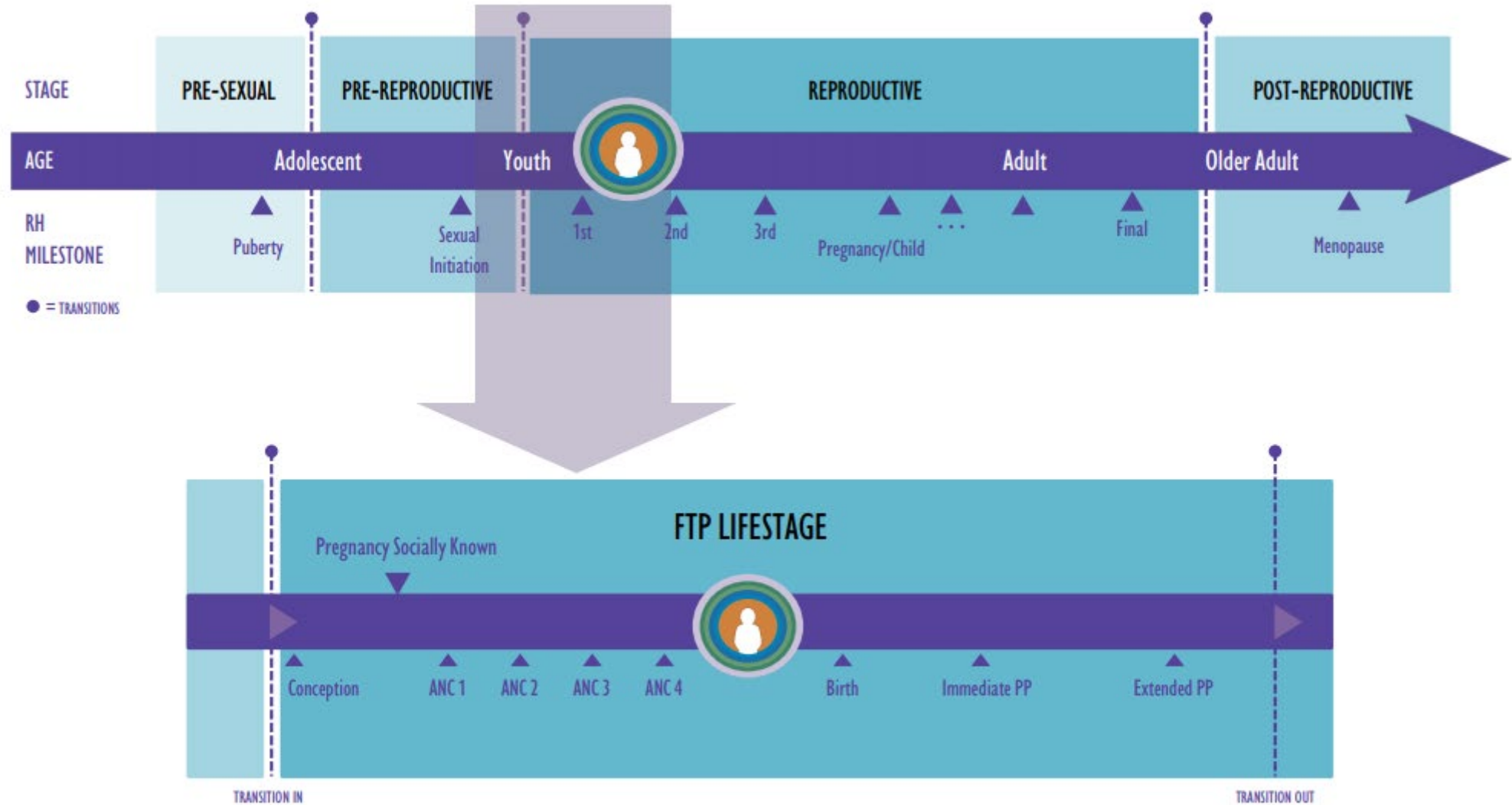
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FTP Lifestage



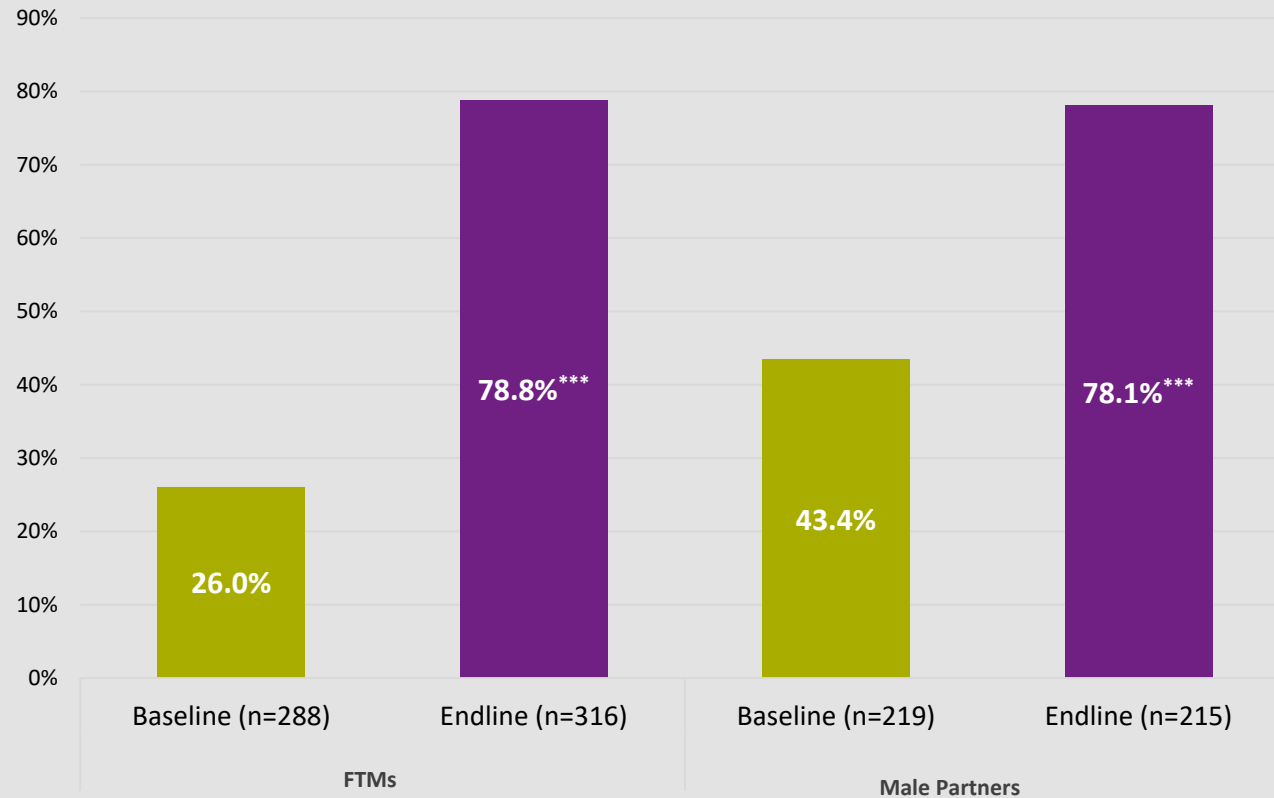
E2A FTP Programs

- Implemented programs in Burkina Faso, Nigeria and Tanzania
- Focused on FTMs and engaged partners and key stakeholders
- Addressed HTSP/FP and related gender issues
- Relied on local resource persons to engage FTPs



INTERVENTION		SOCIO-ECOLOGICAL LEVEL
	FTM PEER GROUPS	Individual Peers & Community Gender & Social Norms
	MALE PARTNER GROUPS	Partner/Co-Parent Peers & Community Gender & Social Norms
	OUTREACH WITH OLDER WOMEN AND COMMUNITIES	Partner/Co-Parent Family & Household Peers & Community Gender & Social Norms
	HOUSEHOLD VISITS	Individual Partner/Co-Parent Family & Household Gender & Social Norms
	COMMUNITY AND FACILITY HEALTHCARE	Individual Partner/Co-Parent Family & Household Systems & Policies Gender & Social Norms

Current use of modern contraceptive method, CRS, Nigeria



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Four month intervention between May-August 2018

- Increased use across method spectrum, especially implants
- Improved FP-related attitudes, gender norms (decisionmaking) and communication

Time of Uncertainty

“Life was hard. [pause] I didn’t understand my partner by then. He wasn’t settled. I gave birth while at home. The challenges I went through when I was at home. . . life was hard. The father of my child was not sending any money. I started working early.”

—UNMARRIED FTM, 20 YEARS OLD,
TANZANIA

- Transitions in almost all areas of life (partnerships, financial resources, health needs, etc.)
- Stress felt by all (FTM, partners, families, providers)
- Conflicts within critical relationships

Time for Planning

“We need to plan our family. We should space our children so that we can get time to work. It was like a song that I had to keep repeating: ‘Let us plan our family. When we plan, we will get advantages. When you go to work and I also go to work, we can build (our house).’ It took me time until he agreed.”

—MARRIED FTM, 25 YEARS OLD,
TANZANIA

- Wide range of life planning happening during FTP lifestage
- FP became relevant for immediate and/or long-term plans (a tool to achieve child spacing)
- Sense of ‘stability’ (partner status, economic resources) influenced motivation FP use/method choice



Partner Dynamics

- FP was a new and difficult topic for many FTPs
- Communication and decisionmaking process created conflict for some FTM (especially unmarried) with partners
- Early and continuous discussion about FP facilitated conversations about use and method choice

Health Sector Dynamics

- Access to information from a trusted source (CHWs, peers), especially regarding method safety and side effects
- Access to method mix (home and facility-based; short and long acting)
- Knowing preferred method prior to seeking services





Considerations for FP and IPV Programming

- FTPs are facing multiple challenges that can strain all relationships
- FTPs are looking for solutions and seem open to new tools and approaches that support immediate and longer term life goals
- FTPs are prime candidates for joint or couple focused programming
- FTPs need continuous support throughout the lifestage



THANK YOU FOR YOUR PARTICIPATION!



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