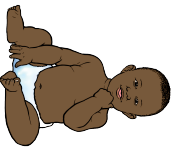
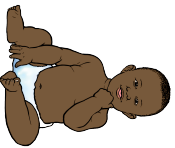
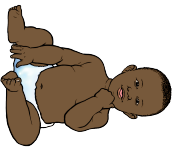


**You start the game with a family of 4 children!**



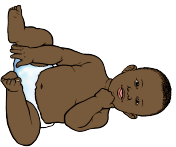
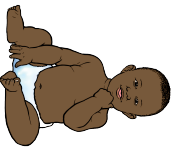
**You start the game as a young family  
with 2 children!**



**You start the game with a family of 6 children!**



**You start the game with a family of 8 children!**





# GAINING HARMONY



## Congratulations on your beautiful families!

For many families, children and strong relationships are a source of great happiness.

### What are some ways children may build harmony within your family?

**Pause for discussion.** Examples include helping with household chores, generating income in the future, and bringing laughter and play into the home.

### What are some ways strong relationships with your family may build harmony?

**Pause for discussion.** Examples include greater trust and positive emotions in the household, more joy and respect in the household, and better communication.

---



Every household **gains 25 harmony points** to recognize these benefits and to celebrate the harmony within your family!

# LOSING HARMONY



We must now think of the responsibilities involved in having children and forming strong relationships. Children also have needs that their families must meet.

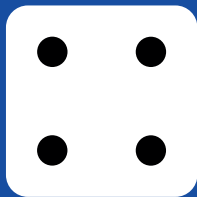
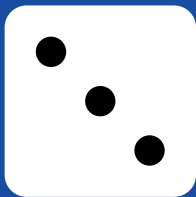
### **What are some of the costs to household harmony that come with meeting children's needs?**

**Pause for discussion:** Examples include disagreements about how to raise children well, energy required to properly raise children, and not having enough time to take care of children.



Every household **pays 1 harmony point** to meet these needs.

# LIFE EVENT



TOGETHER FOR  
EACH OTHER

You and your spouse discussed unexpected events — such as floods and droughts — and decided to space your children so that the family could be resilient during these times.

## Great job planning a resilient family!

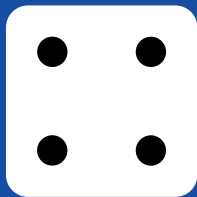
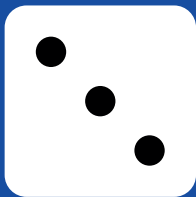


Toss the die and **gain that number of harmony points**



Get a **CHILD SPACING METHOD CARD**

# LIFE EVENT



TOGETHER FOR  
EACH OTHER

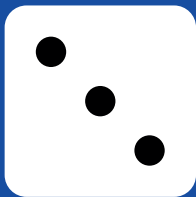
All your children get diarrhea from drinking untreated water. You must pay for the challenges you face to get health care services for each child.



**Lose 1 harmony point per child to pay for the challenges.**



# LIFE EVENT



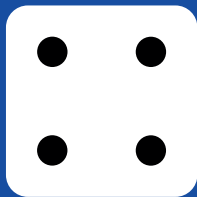
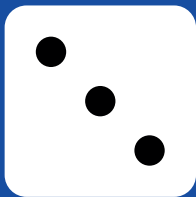
TOGETHER FOR  
EACH OTHER

As a parent, you want to make sure your children are well-nourished, but food can be expensive.



**Lose 1 harmony point per child** to buy food for them.

# LIFE EVENT



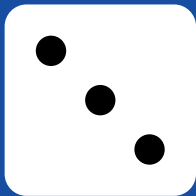
TOGETHER FOR  
EACH OTHER

You forgot to put up your bed net, and now all your children have malaria. You must pay for the challenges you face to get health care services for each child.



**Lose 1 harmony point per child** to pay for the challenges.

# LIFE EVENT



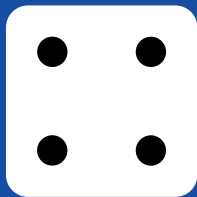
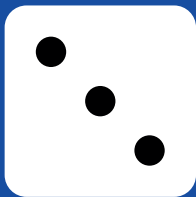
TOGETHER FOR  
EACH OTHER

You and your spouse had several children born less than 2 years apart. Because the births were not spaced properly, it caused health problems for the mother.



**Lose 1 harmony point** to pay for medical costs.

# LIFE EVENT



TOGETHER FOR  
EACH OTHER

You and your spouse waited 2 years to get pregnant with another child and saved money.

**Great job spacing your children!**



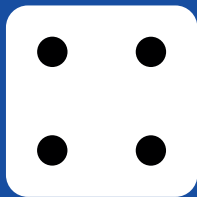
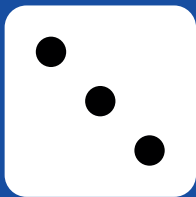
Toss the die and **gain that number of harmony points**



**Get a NEW BABY!**



# LIFE EVENT



TOGETHER FOR  
EACH OTHER

To save money for another child, you and your spouse used an implant for three years to delay pregnancy. You both recently chose to remove the implant at a health facility.

Now you are expecting a baby!

**Congratulations for planning a healthy family!**

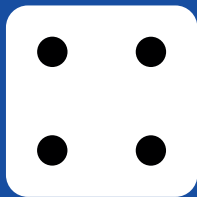
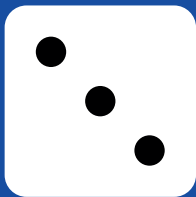


Toss the die and **gain that number of harmony points**



**Get a NEW BABY!**

# LIFE EVENT



TOGETHER FOR  
EACH OTHER

You visit the health facility as a couple to learn about child spacing together.

You have built a strong partnership with your spouse and planned a healthy family.

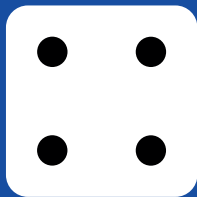
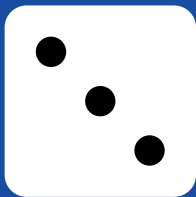


Toss the die and **gain that number of harmony points**



Get a **CHILD SPACING METHOD CARD**

# LIFE EVENT



TOGETHER FOR  
EACH OTHER

6 weeks after having a child, you decide as a family to use a child spacing method to space the next pregnancy.

Your spouse is very happy that you made this decision together.

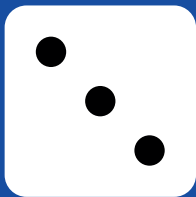


Toss the die and **gain that number of harmony points**



Get a **CHILD SPACING METHOD CARD**

# LIFE EVENT



TOGETHER FOR  
EACH OTHER

When your last baby was delivered, the mother had complications. To protect her health, the doctor recommends birth spacing.

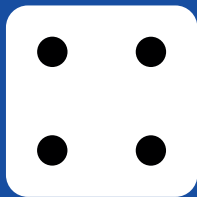
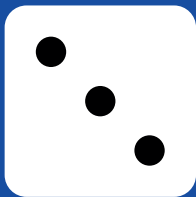
## Which child spacing methods could you choose from?



For each child spacing option you name, you **get 1 extra harmony point** (earn up to 3 harmony points).



# LIFE EVENT



TOGETHER FOR  
EACH OTHER

Your youngest child just started crawling! Your friends want you to have another child right now, but this is risky and the new baby could be born underweight.

**Discuss the following options with your household and choose one:**

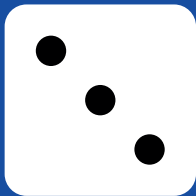


**Option 1: Get a NEW BABY now**, but **lose 6 harmony points** because the baby is unhealthy.



**Option 2: Play a CHILD SPACING METHOD CARD** and toss the dice to **gain harmony points** for preventing a risky pregnancy!

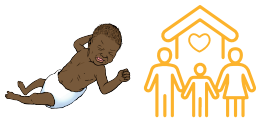
# LIFE EVENT



TOGETHER FOR  
EACH OTHER

Your last baby was born only six months ago. The baby's grandmother wants you to have another child soon, but this is risky for the health of the mother and the baby.

**Discuss the following options with your partner and choose one:**

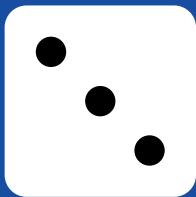


**Option 1: Get a NEW BABY now**, but **lose 6 harmony points** because the baby is unhealthy.



**Option 2: Play a CHILD SPACING METHOD CARD** and toss the dice to **gain harmony points** for preventing a risky pregnancy!

# LIFE EVENT



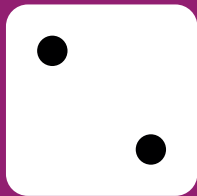
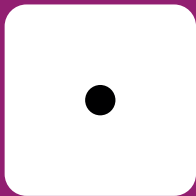
TOGETHER FOR  
EACH OTHER

You and your spouse receive praise from the community for your healthy family. Your family is healthy because you both used child spacing methods to space children at least 2 years apart.



**Get 1 harmony point** for each healthy child you have.

# QUIZ



## Answer as a household

**[Yes or No?]:** Child spacing methods can protect a family from unexpected events such as droughts, flooding and disease.

**Reveal your answer**  

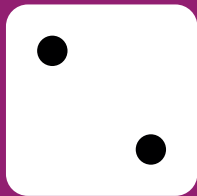
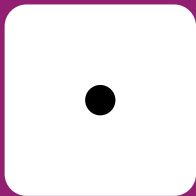
**Yes.** Child spacing methods can help couples mitigate the impact of unexpected events by helping them anticipate their family's needs during a difficult time.



**Win 2 harmony points** if correct!



# QUIZ



TOGETHER FOR  
EACH OTHER

## Answer as a household

**[Yes or No?]:** Are men welcome to attend the health facility to learn more about child spacing methods?

Reveal your answer



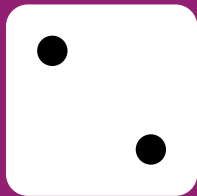
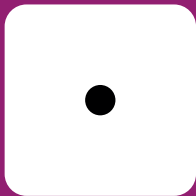
**Yes.** Men and women may visit the health facility, together or separately, and get counselling and information from a health provider. Learning about how to space children leads to greater household harmony.

---



**Win 2 harmony points** if correct!

# QUIZ



## Answer as a household

**[Yes or No?]:** Does using a child spacing method mean reducing your desired number of children?

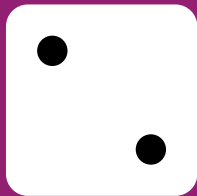
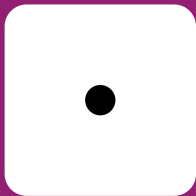
Reveal your answer  

**No.** Child spacing methods help couples better plan when they want to have their desired number of children. Those who wish to space their children every few years can use a child spacing method for a few years between each birth and continue having children for many years.



**Win 2 harmony points** if correct!

# QUIZ



## Answer as a household

**[Yes or No?]:** After giving birth, can a woman get pregnant before her period returns?

Reveal your answer

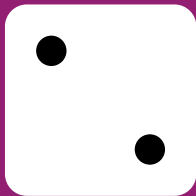
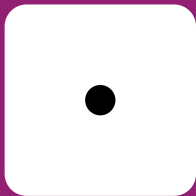


**Yes.** A woman can get pregnant again even before her period has returned. Child spacing methods, like implants or injectables, can ensure that she will not get pregnant until she is ready.



**Win 2 harmony points** if correct!

# QUIZ



TOGETHER FOR  
EACH OTHER

## Answer as a household

**[Yes or No?]:** A friend in your community asks you if child spacing methods cause infertility. Do you tell your friend yes or no?

Reveal your answer  

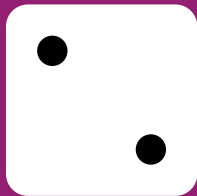
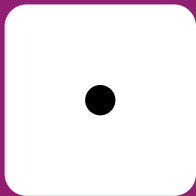
**No.** Child spacing methods do not cause infertility. For some couples, it may take time to get pregnant.



**Win 2 harmony points** if correct!



# QUIZ



TOGETHER FOR  
EACH OTHER

## Answer as a household

**[Yes or No?]:** When starting a child spacing method, do some women experience changes in their monthly bleeding?

Reveal your answer



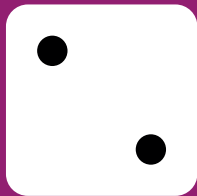
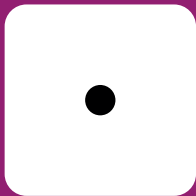
**Yes.** Although many women are unaffected, some women might experience these changes. If the changes persist and the woman is uncomfortable with the method she is using, she should return to the health facility to talk to her health care provider and switch to a different child spacing method.

---



**Win 2 harmony points** if correct!

# QUIZ



## Answer as a household

**[Yes or No?]:** If a woman removes the implant or IUD (also known as 'Lalup'), can she get pregnant immediately?

Reveal your answer

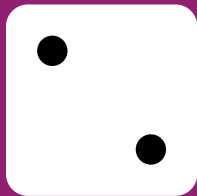
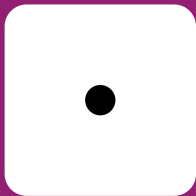


**Yes.** When an IUD or implant is removed, a woman can get pregnant immediately. These methods protect against pregnancy for many years, but they can be removed at any time and for any reason.



**Win 2 harmony points** if correct!

# QUIZ



TOGETHER FOR  
EACH OTHER

## Answer as a household

**[Yes or No?]:** Can any woman of childbearing age use MoonBeads (also known as 'Suk Suk') to space children?

Reveal your answer

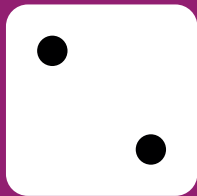
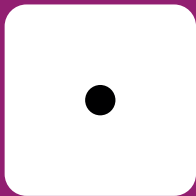


**No.** MoonBeads only work for women who bleed at least once every 4 weeks. For women who have different bleeding patterns, MoonBeads will not always work. It is important to know your cycle if using MoonBeads.



**Win 2 harmony points** if correct!

# QUIZ



## Answer as a household

**[Yes or No?]:** If a woman uses an IUD (also known as 'Lalup'/'Loloa') for child spacing, can it hurt her husband during sex?

Reveal your answer



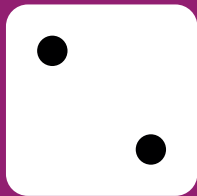
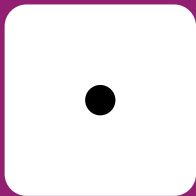
**No.** Usually the man will not even be able to feel the IUD inside a woman. The strings of the IUD are short and soft. Once a couple is ready to have more children, the IUD can be removed by a health worker.



**Win 2 harmony points** if correct!



# QUIZ



## Answer as a household

**[Yes or No?]:** Can a man safely have sex with a woman who is breastfeeding?

Reveal your answer



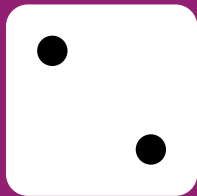
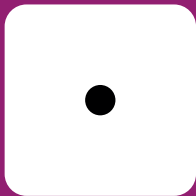
**No.** You can have sex while a woman is breastfeeding and it will NOT cause diarrhea or any other sickness. However, a woman may still get pregnant if the baby is over 6 months old or has started to eat other foods. Consider using a child spacing method to delay having another baby until ready.

---



**Win 2 harmony points** if correct!

# QUIZ



TOGETHER FOR  
EACH OTHER

## Answer as a household

**[Yes or No?]:** Is a woman most likely to get pregnant during her monthly bleeding?

Reveal your answer



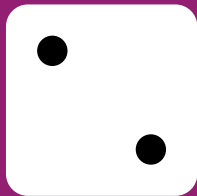
**No.** A woman is most likely to get pregnant between her monthly bleeding – often about 2 weeks after the first day of her bleeding, though it varies amongst women. But it is also possible to get pregnant at other times.

---



**Win 2 harmony points** if correct!

# QUIZ



## Answer as a household

**[Yes or No?]:** If a wife tells her husband that she wishes to discuss child spacing with him, should he be worried?

Reveal your answer



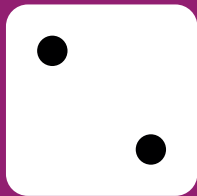
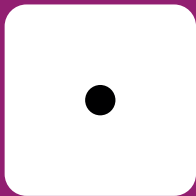
**No.** There are many reasons that a couple might consider child spacing. For example, they might want to space their children to protect their family's health. He can talk with his wife to understand her views and they can decide together what is right for them.

---



**Win 2 harmony points** if correct!

# QUIZ



## Answer as a household

**[Yes or No?]:** If a new bride is less than 18 years old, should the couple consider waiting a few years before having a baby?

Reveal your answer



**No.** Pregnancy and childbirth are dangerous for women under the age of 18 because their bodies are still growing. Waiting even one year to have a child improves the chances of having a healthy mother and baby. Using a child spacing method can protect the health of a young wife and future children.

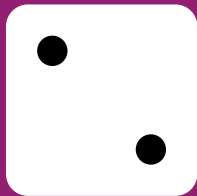
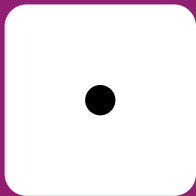
---



**Win 2 harmony points** if correct!



# QUIZ



TOGETHER FOR  
EACH OTHER

## Answer as a household

**[Yes or No?]:** After an implant is inserted, does it always stay in place under the woman's skin?

Reveal your answer



**No.** After a health worker inserts the implant, it will not move around within the body. If the woman gains weight, it may be harder to feel the implant, but it's still there!



**Win 2 harmony points** if correct!

# DISCUSSION



TOGETHER FOR  
EACH OTHER

## Discuss as a household

Imagine that a young couple wants a resilient family that can endure unexpected events such as famine.

**What are some benefits of using child spacing methods in creating a resilient family?**



Each Household that discusses this topic **gains 2 harmony points.**

# DISCUSSION



TOGETHER FOR  
EACH OTHER

## Discuss as a household

Imagine that you and your spouse gave birth to your first child a few months ago. The doctor advised you to consider a child spacing method until the mother gains strength and the child reaches the age of 2 years.

**What options do you consider?**



Each Household that discusses this topic **gains 2 harmony points.**

# DISCUSSION



TOGETHER FOR  
EACH OTHER

## Discuss as a household

Imagine that your youngest baby just started crawling. Your uncle says that you should have another child now, but you are worried you cannot afford another child right now.

### What options do you consider?



Each Household that discusses this topic **gains 2 harmony points.**



# DISCUSSION



TOGETHER FOR  
EACH OTHER

## Discuss as a household

Imagine that you and your spouse just had a baby! You will continue living together but want to wait 2 years to have your next child.

**What are some other ways, other than abstinence, that you can delay pregnancy?**



Each Household that discusses this topic **gains 2 harmony points.**

# DISCUSSION



TOGETHER FOR  
EACH OTHER

## Discuss as a household

Imagine that a young couple married recently, and the wife is under 18. Their parents want them to have their first child immediately, but this is risky for the mother and the baby.

**What are some reasons the young couple might decide to wait until having their first child?**



Each Household that discusses this topic **gains 2 harmony points.**

# DISCUSSION



TOGETHER FOR  
EACH OTHER

## Discuss as a household

Imagine that your neighbor tells you that a woman in the community is using a child spacing method and that she must be going with other men.

**How can you explain to your neighbor some positive reasons someone might choose family planning?**



Each Household that discusses this topic **gains 2 harmony points.**

# DISCUSSION



TOGETHER FOR  
EACH OTHER

## Discuss as a household

Imagine that a young couple wants to delay their next pregnancy, but elder members of the family disagree.

**What are some reasons the couple, or other family members, could share with the elders about the benefits of waiting to have another child?**



Each Household that discusses this topic **gains 2 harmony points.**



# DISCUSSION



TOGETHER FOR  
EACH OTHER

## Discuss as a household

Imagine that an elder woman wants the best for her adult son, including a large and happy family. He and his wife have a 5-month-old baby, and they wish to use a child spacing method to delay the next pregnancy.

**What could you say to the elder woman to help her understand her son and daughter-in-law's perspective?**



Each Household that discusses this topic **gains 2 harmony points.**

# DISCUSSION



TOGETHER FOR  
EACH OTHER

## Discuss as a household

Imagine that a pregnant woman visited a health facility recently, where the health provider introduced child spacing methods. The woman wants to consider and discuss using a child spacing method with her husband.

**How might a woman start a conversation with her husband on child spacing methods and their benefits?**



Each Household that discusses this topic **gains 2 harmony points.**

# DISCUSSION



TOGETHER FOR  
EACH OTHER

## Discuss as a household

Imagine that a couple decides to use a child spacing method and they travel together to the health facility to learn more.

**What questions could they ask the health provider to determine which method is best for them?**



Each Household that discusses this topic **gains 2 harmony points.**

# DISCUSSION



TOGETHER FOR  
EACH OTHER

## Discuss as a household

Imagine that a couple's auntie (aunt) wants them to have more children to avoid losing respect in the community. The couple also wants more children but are using a child spacing method to keep their family healthy until they are ready for another baby.

**How can the couple explain their decision and the benefits of using a child spacing method to their auntie?**



Each Household that discusses this topic **gains 2 harmony points.**



# DISCUSSION



TOGETHER FOR  
EACH OTHER

## Discuss as a household

You and your spouse just had a baby and want to ensure the mother and baby are healthy and happy. Together, you consider using a child spacing method.

**What are some benefits of using a child spacing method for the mother and baby?**



Each Household that discusses this topic **gains 2 harmony points.**

# DISCUSSION



TOGETHER FOR  
EACH OTHER

## Discuss as a household

An 18-year-old couple got married 4 months ago. Their parents want them to have their first child immediately, but this could be risky for the mother and baby.

**What options might the young couple consider?**



Each Household that discusses this topic **gains 2 harmony points.**

# DISCUSSION



TOGETHER FOR  
EACH OTHER

## Discuss as a household

Your friend just shared that they and their partner have decided to use a child spacing method to delay their next pregnancy. You are interested in discussing child spacing with your partner as well.

**How might someone bring up the topic of child spacing if they've never discussed it with their partner before?**



Each Household that discusses this topic **gains 2 harmony points.**



TOGETHER FOR  
EACH OTHER

## LAM (Breastfeeding)

**Breastfeeding only protects from pregnancy if all of these are true:**

1. The mother feeds the baby only breastmilk
2. The baby is less than 6 months old
3. The mother's monthly bleeding has not returned

Breastfeeding is not effective in preventing pregnancy if any of the three conditions above are not met.





TOGETHER FOR  
EACH OTHER

## IUD (Lalup/Loloa)

- Small, T-shaped plastic frame inserted into a woman's womb by a trained health worker
- Protects from pregnancy for many years but can be removed at any time
- Good option for couples who want to wait at least a few years before having their next child



TOGETHER FOR  
EACH OTHER

## PILL

- Woman must take one pill every day, whether or not she has sex that day
- Only protects from pregnancy when the woman takes the pill every day
- Good option for couples who think they might want another baby soon
- Discuss as a couple whether its possible for the woman to take the pill everyday

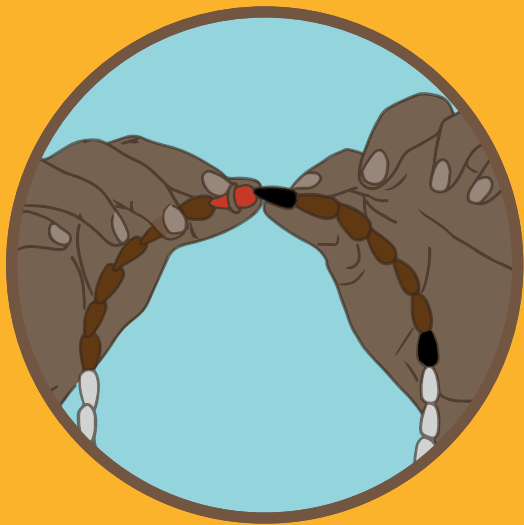


TOGETHER FOR  
EACH OTHER

## **INJECTABLE**

### **(Depo-Provera/Sayana Press)**

- Injection into a woman's upper arm by a health worker that protects from pregnancy for three months
- In some communities, injectable methods are available that a woman can administer herself. It can also be administered by health workers at the facility
- A good option for couples who think they might want another baby soon
- Discuss as a couple whether it is possible to get an injection every 3 months

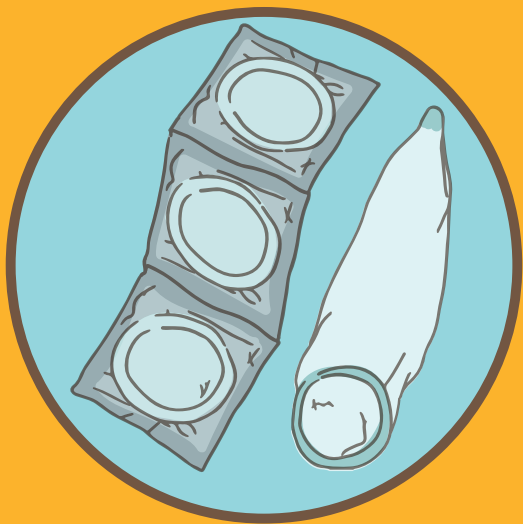


TOGETHER FOR  
EACH OTHER

## MOONBEADS ('Suk Suk')

- Help couples track “safe” days when they can have sex without the risk of pregnancy
- Only a good option for couples who are very sure they can abstain from sex or use a condom on days when there is a risk of pregnancy
- Talk as a couple about how regular the woman's cycle is and how many days it lasts





TOGETHER FOR  
EACH OTHER

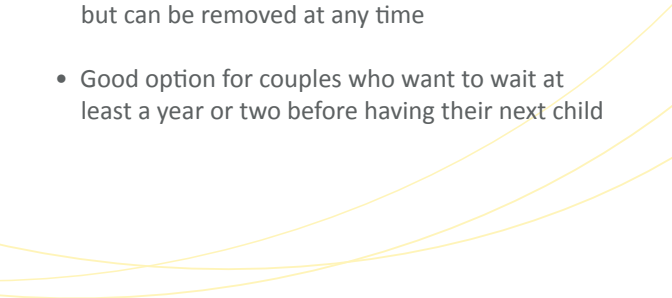
## CONDOMS

- A male condom covers a man's penis and a female condom is inserted into the vagina during sex to stop sperm from entering the woman's body
- Condoms are the only method that protects from HIV and STIs
- Condoms only work if used every time you have sex



TOGETHER FOR  
EACH OTHER

## IMPLANT

- 1 or 2 small, soft capsules
  - Placed under the skin of a woman's arm by a trained health worker
  - Protects from pregnancy for up to 3 or 5 years, but can be removed at any time
  - Good option for couples who want to wait at least a year or two before having their next child
- 



TOGETHER FOR  
EACH OTHER



**Oh no! Your baby  
was not born  
healthy.**



TOGETHER FOR  
EACH OTHER



**Oh no! Your baby  
was not born  
healthy.**





TOGETHER FOR  
EACH OTHER



**Congratulations on  
your new baby!**



TOGETHER FOR  
EACH OTHER



**Congratulations on  
your new baby!**



TOGETHER FOR  
EACH OTHER



**Congratulations on  
your new baby!**



TOGETHER FOR  
EACH OTHER



**Congratulations on  
your new baby!**



