

What is a reproductive life plan?

A reproductive life plan is a set of personal goals about having or not having children. It also states how to achieve those goals. Everyone (males and females) are encouraged to make a reproductive life plan based on their own values, goals, and resources.

Resources:

National Preconception Curriculum and Resources Guide for Clinicians

<http://www.beforeandbeyond.org/>

California Family Pact Resource page – includes one page handout -

<http://www.everywomancalifornia.org/content.cfm?categoriesID=33>

5 page list of questions to think about before getting pregnant from GHI (an HMO)

http://www.ghi.com/pdf/reproductive_life_plan_2008-02.pdf

Planned Parenthood of Utah Reproductive Life Planning Tools – one for teens one for adults

http://health.utah.gov/mihp/pdf/Teen_RLP_082709.pdf

Adult Reproductive Health Plan: You're a Busy Woman (Utah)

http://famplan.org/Resources/Docs/adult_rhp_busy_woman.pdf

Online Courses:

Online Courses for Clinicians – Preconception Care - CE/Nursing Contact / CME modules:

<http://www.beforeandbeyond.org/?page=cme-modules>

Online Course on Preconception Care for Community Health Workers:

<http://www.nynj-phtc.org/pages/catalog/pch/>

CDC Recommendations:

CDC Recommendations via 2006 Preconception Care MMWR:

<http://www.cdc.gov/mmwr/pdf/rr/rr5506.pdf>

<http://www.cdc.gov/ncbddd/preconception/QandA.htm>

Summary of CDC Recommendations:

<http://www.medpagetoday.com/OBGYN/Pregnancy/3136>