

# Postpartum Family Planning (PPFP) Toolkit

## K4Health eToolkits

K4Health eToolkits ([www.k4health.org/toolkits](http://www.k4health.org/toolkits)) are collections of carefully selected information resources for health policy makers, program managers, and service providers. (See *more details, below.*)

### Postpartum Family Planning (PPFP) Toolkit

Family planning offered in the first year postpartum provides an opportunity to meet the needs of women who want to prevent unintended pregnancies or who want to delay having more children. Yet, globally, nearly 65% of women in their postpartum year have an unmet need for family planning services.

The PPFP Toolkit ([www.k4health.org/toolkits/ppfp](http://www.k4health.org/toolkits/ppfp)) provides health policy makers, program managers, service providers, information officers, and others a comprehensive collection of best practices and evidence-based tools and documents on postpartum family planning developed through the ACCESS-FP Program.

### Postpartum Family Planning (PPFP) Toolkit Background

The PPFP Toolkit was developed by the ACCESS-FP Program, a USAID-sponsored global program to improve access to and quality of postpartum family planning services. ACCESS-FP developed a number of strategic documents to guide program implementation, tools to use within programs, and best practices based on program experience that are compiled in this toolkit. In addition, ACCESS-FP, together with the Institute of Reproductive Health (IRH) at Georgetown, has led a Lactational Amenorrhea Method (LAM) Working Group composed of representatives from 20 organizations, including USAID. The LAM Working Group has developed a number of tools for promoting effective LAM that are also included in this toolkit.

K4Health invites users to suggest additional resources to fill information gaps, and share with other users how they have used or plan to use the toolkit. A built-in, moderated discussion board is provided for this purpose.



### K4Health eToolkits (continued)

Partners with expertise and experience in the topic develop the toolkits collaboratively using a series of online features, including audio- and video-conferencing tools, text chatting, and a commenting feature that allows invited collaborators to provide comments about individual resources and toolkit sections. This participatory approach guarantees that the toolkits are of the highest quality. The continuous publishing principle on which toolkits are based allows them to evolve after publication to capture additional resources and to identify and fill remaining information gaps.

*(To see a list of all K4Health eToolkits and those in production go to [www.k4health.org/toolkits](http://www.k4health.org/toolkits). If you, or your organization, would like to develop a toolkit not already on the list, please contact the k4Health eToolkits team at: [Toolkits@k4health.org](mailto:Toolkits@k4health.org).)*

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**BCC Tools**

Access to PPFP requires appropriate action by the women, her family and the community. Tools contained in this section include: client education aids from several countries with varying levels of literacy; tools for use in facilities and the community; and other visual aids, as well as an example of a community mobilization strategy, and a technical update on community-based PPFP.



**Client education visual aids — Afghanistan**  
No Date  
ACCESS-FP  
13 p  
[Full Text](#)

This resource provides client education visual aids on the subject of postpartum family planning for Afghanistan. [\[read more >\]](#)

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**Congratulations on the birth of your baby!**  
No Date  
ACCESS-FP  
4 p  
[Full Text](#)

This document provides information on infant health, specifically breastfeeding, keeping your baby warm, bathing, cord care, eye care, and immunizations as well as maternal health, specifically hygiene, after-birth pain, rest & nutrition, HSV status, and sexual intercourse. It also includes danger signs after delivery for mother & baby, information on when you can become pregnant after birth, and contraception for postpartum women. [\[read more >\]](#)

## BCC Tools

The BCC section contains a range of resources, including: client education aids from several countries with varying levels of literacy, tools for use in facilities and the community, an example of a community mobilization strategy, and a technical update on community-based PPFP.

## Training

The training section of the toolkit provides training tools that have been used in country programs and in global venues. A comprehensive PPFP learning resource package that contains schedules, trainer's notes, PowerPoint presentations, knowledge assessments, review tools, and checklists is also included in this section.

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**Training**

High-quality PPFP services and programs require service providers who are knowledgeable and competent in PPFP skills. This section includes training tools that have been used in country programs and in global venues. A comprehensive PPFP learning resource package that contains schedules, trainer's notes, PowerPoint presentations, knowledge assessments, review tools and checklists is also included in this section. Some tools are most appropriate for facility-level care providers, while other tools can be used with community-based care providers.



**LAM counseling skills: ANE technical update case studies**  
No Date  
ACCESS-FP  
3 p  
[Full Text](#)

This resource includes six case studies regarding LAM counseling for pregnant women or new mothers during a check-up. It provides three questions to consider and concludes with a checklist of cases when it is appropriate to switch methods. [\[read more >\]](#)

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**LAM counseling skills: ANE technical update quiz**  
No Date  
ACCESS-FP  
1 p  
[Full Text](#)

This resource includes a nine question quiz focused on the Lactational Amenorrhea Method (LAM). [\[read more >\]](#)