

REPRODUCTIVE HEALTH IS ESSENTIAL FOR A HAPPY FAMILY



**Adopt a healthy lifestyle towards a harmonious
and healthy family**

A GUIDE FOR YOUR FAMILY'S REPRODUCTIVE HEALTH FOR LIFE

Reproductive health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity in all matters relating to the reproductive system and to its functions and processes. It is the ability of men and women to undertake sexual activity responsibly and safely whether or not pregnancy is desired.

NEW BORN

Obtain early medical assessment to detect and correct any congenital abnormalities.



THE GOLDEN YEARS

- Practise a healthy lifestyle.
- Maintain social ties.
- Maintain intimacy with your spouse.



CLIMACTERIC

Prepare yourself for the physiological changes that occur before and during menopause or andropause to enhance quality of life.



ADOLESCENT

- Recognise special needs of adolescents.
- Adapting to the physiological changes during puberty.
- It is normal to feel attracted to the opposite sex.
- Enjoy healthy relationships and respect the rights and dignity of the opposite sex.

FAMILY LIFE

- Each family member should understand and play his or her role in building and maintaining a happy and healthy family.
- Practise a healthy lifestyle.
- Plan your family and use appropriate and effective family planning methods.
- Go for regular health assessment such as Pap smear and do regular Breast Self Examination (BSE).



PRE-MARRIAGE

- Being in love or loving someone involves much more than just liking someone a lot.
- Do not rush into marriage until you are very sure you are truly compatible.
- Delay sexual relationship until after marriage.



MARRIAGE

Marriage is a life long commitment

- Marriage should be built on love, mutual trust, understanding, care and respect.
- Enjoy a satisfying and safe sexual relationship.
- Be faithful to your spouse.

STARTING A FAMILY

- Maintain intimacy with your spouse.
- Every child is a gift from God.
- Support your wife as she goes through the physiological changes during pregnancy, birth and postnatal period.





Families play an important role in promoting and maintaining a healthy reproductive lifestyle

Understand the importance of reproductive health for the well being of the family.

- Understand the normal physiological changes in life and prepare for the changes when they occur.
- Practise safe sex and be faithful to your spouse.
- Have a satisfying sexual relationship with your spouse.
- Practise family planning for family spacing.
- Go for regular health checks especially when you are pregnant, cancer screening such as Pap smear and do regular Breast Self Examination (BSE).
- Practise sound religious and moral values.

