

**Safe, Smart and Healthy – Keys to Success in Your New Home**  
**Medical Care and Health Insurance - 6**

**ENGLISH**

Mrs. Li and Mrs. Ba also go to an **obstetrician** or **gynecologist**. If you are a woman, you may be referred to one of these doctors. They are experts in taking care of women.

These doctors can help you when you are pregnant, providing prenatal care. This is very important if you are going to have a baby. Your baby will be healthier if you have prenatal care.

These doctors can also help with other health issues that only women have, such as menstruation or menopause.

These health professionals, and other doctors and nurses, can help you with **family planning**. Family planning is important so you will only get pregnant when you are ready, and can have only the number of children that you *want* to have.

Mrs. Li has chosen to have just two children, and practices family planning with the help of her doctor.

How many children you have is *your* decision. You have a choice about how much time to wait between one child and your next pregnancy. Talk to your doctor or nurse any time you want information about family planning.