

LETTER TO THE EDITOR

APPROACH TO SMALL FAMILY NORM

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The Idea of approach to maintain small family norm in the family and so to the society is the hope for almost all of the couples as the saying -"Small family is a happy family". And every couple always thinks and plan for a safer and better future.

But for adoption of small family norm, termination of pregnancy seems to be commonest method among the couples of the child bearing age group in spite of adoption of the available family welfare methods. For spacing and the limitation of number of children termination of pregnancy is found to be the commonest tool adopted for spacing and limiting the number of child in the families.

Cases attended in the OPD, number of repeated termination of pregnancy is on the higher side and most cases attended when they miss the menstruation by 5/6 days overdue with the motive to undergo early termination of pregnancy. They are not aware of the hazards of pregnancy termination, their motives being not to continue the pregnancy somehow. On enquiry, they hardly have plan to avoid next conception by using family welfare methods for spacing or sterilization if family is completed.

Cases examined and assessed the status and usually advised to review with their partners for further discussion for those who are attending without partner and those reported with husband, counseling is done regarding their future plan after termination and hazards following termination of pregnancy. If they think they have completed their family, enquired for option either for termination of pregnancy with female sterilization or to undergo vasectomy. And those who are willing for next conception, options given to adopt IUCD insertion or oral pill consumption or adoption of barrier methods.

The clients attended in OPD, most of them hardly have the opinion to adopt contraceptive measures, so counseling plays a great role and effective counseling along with the husband and wife together usually land to the final opinion either termination or continuation of present pregnancy and adoption of contraceptives afterwards or sterilization. A good counselor is the need of the hour.

For the adoption of small family norm or limiting the number of children, proper counseling and understanding of the partner remain as the most important step. Hoping for the future, according to the choice of partners, the available family planning methods are to be adopted.

With understanding of the partners, adopting the family welfare methods would remain as the golden way for the peace and prosperity in each and every family

To remain healthy with peace of mind is one of the golden way of life.

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