

# Fertility returns at #day21 after childbirth

97% women don't want to get pregnant again within 12 months of childbirth, yet **1 in 13** do

Have you discussed your postnatal contraception options and included your choice in your birth plan?



For more information speak to your healthcare provider, follow us on instagram or visit:

[day21.org](https://day21.org)

**Your Body  
Your Decisions  
Your Timeline**



@postnatalcontraception