

# #day21

## Fertility returns at day 21 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](https://www.instagram.com/postnatalcontraception)