



SUCCESS STORY

Information Gives Choice to Women

Information about family planning methods enables a woman to take better care of her health



Twenty-four year old Musida from Kaiyndy village in south Kyrgyzstan at the information session on family planning. Photo: PSI.

“I want to thank the USAID project for the information. Now I know our family will be healthy and happy.”

- 24-year old Musida, one of the many beneficiaries of the USAID “I Know” project.

Musira is confident that from now on she will be able to space her children to preserve her health. She has recently taken a family planning course arranged by the USAID “I Know” project, and feels that the information she received will have a huge impact on her life.

Musira is a 24-year old Kyrgyz woman. She lives in Kaindy village of Chui Oblast, south Kyrgyzstan with her husband and four small children. She was barely 19 when she got married to a young man from the same village. Soon, children were born one after another. “We did not plan so many children because we are a young family and don’t have much money,” she says.

Now Musina’s days are spent taking care of the household and the children, while her husband earns their living working at the local market. With four children under the age of five, there is never enough time to do everything that needs attention. “I feel very tired,” she says. Even though Musina has heard about birth control, her husband does not want her to use it. “My husband loves me, but he thinks that contraception will be harmful for my health,” says the young woman.

Then one day, Musina saw an announcement that the USAID project is to give a presentation on family planning for the women in Kayindy village. The educational session was delivered by a local woman, recruited and trained by the project. Women were given information on family planning and modern methods of contraception opportunity to ask questions and pick up materials to take home. After the session Musira explained her situation to the outreach worker and asked if she could deliver a similar presentation to Musina’s husband. Next day, the project’s outreach worker met with the young couple and explained to both of them about the use of modern methods of contraception and the importance of intervals between pregnancies.

“After this session my husband has agreed that if I want to be in a good health, I should keep interval between pregnancies,” says Musina. “After the consultation with my doctor I am going to choose my own method of contraception.”

Musina is deeply appreciative of the information she and her husband received. “Now I know our family will be healthy and happy!” she says.