**Gst 120Assignment.**

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Dept/College:Human Anatomy/MHS

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 Effectiveness of family Planning in Marriages.

Family planning provides many benefits to mother, children, father, and the family.

**Mother**

Enables her to regain her health after delivery.

Gives enough time and opportunity to love and provide attention to her husband and children.

Gives more time for her family and own personal advancement.

When suffering from an illness, gives enough time for treatment and recovery.

**Children**

Healthy mothers produce healthy children.

Will get all the attention, security, love, and care they deserve.

**Father**

Lightens the burden and responsibility in supporting his family.

Enables him to give his children their basic needs (food, shelter, education, and better future).

Gives him time for his family and own personal advancement.

When suffering from an illnes