

Family Planning Promotion Booklet



Family Planning Council of LianJiang

Family Planning Association of LianJiang

LianJiang Family Planning Basic Knowledge

Questions collected from massive home visits

(1) Family Planning Policies and Regulations

1. **Q: What is the legal marriage age for young men and women as stated in the "Marriage Law" of China?**
A: The legal marriage age is over 22 years old for man and 20 years old for women.
2. **Q: What is early marriage or early childbearing?**
A: Getting married before 22 years old for men, 20 years old for women is considered early marriage. Having child right after early marriage is considered early childbearing.
3. **Q: What is late marriage or late childbearing?**
A: Getting married three years after the legal marriage age, 25 years old for men and 23 years old for women is considered late marriage. The following conditions applying to any couples having their first child are considered late childbearing:
 - 1) Having child after getting married late
 - 2) Women having child after 24 years old
 - 3) Men having child after 30 years old
4. **Q: What kinds of procedures you need to go through before marriage? Why?**
A: You need to get the marriage registration done in order to legalize your marriage and to be protected by the law.
5. **Q: What regulations are enforced on the couples at their reproductive age in rural area under "FuJian Provincial Family Planning Regulations"**
A: A couple in the rural area can only give birth to one child; they are not allowed to have any children after having a boy, they will be allowed to have another child if a girl was born, however, it has to be four years after the first child and the mother has to be at least 25 years old.

6. **Q:** Is it illegal to get married or have child early? Are there any penalties for that?
A: Yes, it is illegal. Early childbearing couples will need to pay the Social Care Fee.
7. **Q:** What is unplanned birth? How to collect the Social Care Fee?
A: Having child without approval of certain family planning authorizes is considered unplanned birth. It will be collected by the township people's government, street offices or family planning administrative departments according to the total income a year before the year of investigation from both parties with the unplanned fertility behavior:
- 1) Early childbearing, will be charged from 60% to 100%
 - 2) Having more than one child, will be charged from twice to triple the total income
 - 3) Having child without marriage, will be charged from four to six times the total income
8. **Q:** From what departments should you get the approval for childbearing? What kinds of procedures you need to go through?
A: For those who meet the policy requirements for the first child birth, before getting pregnancy, they need to get the first-childbearing certificate from the family planning department at the street office. You need to provide the birth certificates for both parties; the marriage certificate, and a one inch, bareheaded photo of the woman at the time of receiving the certificate. To apply for the second child birth certificate, you need to get the approval form for the second child birth from the family planning department before pregnancy, and obtain the certificate after getting the approval from the family planning administrative departments at the county level. At the time of getting the certificate, besides all the documents required for first-childbearing certificate, you also need to submit (the valid documents for first-childbearing, all documents required by "application processing and review provision of the relevant matters for second childbearing of Fujian Province", proofing documents of nonpregnancy).
9. **Q:** After giving birth to the baby, when and what kinds of documents are needed to declare for the household registration?
A: After giving birth to the baby, you need to use the birth certificate to declare for the household registration at the local police department within a month.
10. **Q:** What are the qualifications for remarriage childbearing?
A: If one party of the remarried couple never had children, the other party had already had a child before getting remarried; or one of the parties is widowed remarried, if both parties are qualified to have two children before remarriage, then they are qualified to have another child upon approval.

11. Q: Is the determination of sex for non-medical needs or unauthorized termination of pregnancy appropriate?
A: No, it is not. It needs to be reported to the family planning department of township for approval and needs to be recorded.

12. Q: What family planning procedures the adult migrants need to go through before migration?

A: Before they migrate they need to apply for "marriage and childbearing proof for migrants" at the township people's government, street offices or family planning administrative departments above the county level.

13. Q: When the adult migrants arrive the new home, what family planning procedure should be handled?

A: After they arrive the new home, they need to apply for "marriage and childbearing proof for migrants" at the township people's government, street offices or family planning administrative departments above the county level.

14. Q: If the migrants want to have children at the new home, what procedures should be done and where?

A: If they request to have children, they need to go to their domicile of the family planning administrative department to apply for birth plan.

15. Q: How many times a year should the "dual physical exam (IUD +Pregnancy)" services be provided by county?

A: Three times a year.

16. Q: What contraceptive method to be used for one childbearing? And for two?

A: L.U.D. Insertion for one, ligation for two.

(2) Reproductive Health Knowledge

17. Q: What is the first choice of contraception for those women who have given birth to one child already?
A: L.U.D. Insertion.

18. Q: What is the first choice of contraception for newlyweds?
A: Condom or short-term contraception.

19. Q: Why the pregnant women should be careful with using medication?
A: Any kinds of medication have side effects, pregnant women should use minimal medication, or no medication at all.

20. Q: How to handle unplanned pregnancy?
A: Take remedial actions immediately.

21. **Q:** What do you need to pay attention to after abortion?
A: 1) Take good rest and sanitary
2) No sexual intercourse within one month, no bathing within two weeks
3) If there is post-operative fever, abdominal pain, persistent vaginal bleeding for two weeks, then you need to go to the hospital for examination
22. **Q:** Do the lactating women need to have contraception? What are the best choices?
A: Yes, the best choices are condom or virginal ring.
23. **Q:** What is the best time to do the I.U.D. Insertion operation?
A: 42 days to 3 months after giving birth, 3 to 7 days after menstrual clean.
24. **Q:** Will contraception or sterilization affect health?
A: No.
25. **Q:** Until what age should the women insist on contraception?
A: They should adhere to contraception until menopause.
26. **Q:** What should be noted after ligation?
A: 1) Normal activity after six-hour bed rest
2) Good rest with no heavy activities within 3 weeks
3) Incision should be kept clean
4) No sexual intercourse within a month
27. **Q:** How can we achieve eugenics?
A: 1) Choose a good spouse, avoid next of kin marriage
2) Do a serious pre-marital check, eugenic counseling and testing
3) Choose the best child-bearing age
4) Choose the best time to get pregnancy
5) Have good pregnancy care
6) Have good delivery care
7) Have good prenatal education and scientific education
8) Take "Shi Li An" three months before pregnancy
28. **Q:** From the eugenic perspective, what is the best reproductive age for women?
A: The best reproductive age is between 24 and 29 years old.
29. **Q:** Is it appropriate to get pregnancy during honeymoon?
A: No. Because the arrangement for wedding consumes a lot of physical strength and energy; a lot of alcohols also harm the reproductive cells; frequent sexual intercourse during early marriage period causes declining quality of sperm; also, during honeymoon, irregular daily diet, makes it harder to keep clean. It is not conducive to eugenic to get pregnancy under all these conditions.

30. **Q:** What are the disadvantage of early marriage and early childbearing?
A: Early marriage and early childbearing will not only affect the health, it will also increases the risk of getting pregnancy-induced hypertension syndrome after pregnancy and increases the chance of getting fetal malformations, low birth weight children, miscarriage, premature delivery and the incidence of dystocia. It will also increase the rate of illness for pregnant women and newborn child and the incidence of infant mortality.
31. **Q:** Are there any health effects by taking contraceptive pills?
A: No, It will not affect the health.
32. **Q:** Is it appropriate to take pills, drink, or smoke during pregnancy? Why?
A: No, because it will cause fetal deformities and mental retardation to the baby.
33. **Q:** Is it better to breast-feed or milk-feed the baby? Why?
A: Breast-feeding is better. Because there is more nutrients in breast milk than the regular milk, and it is easier to get absorbed by the baby.
34. **Q:** Does the sex of fetus depend on the woman?
A: No. Because the sex of the fetus depends on the fact whether the man's sperm carry the X or Y chromosome, it has nothing to do with the egg. (The zygote formed from the fertilization of the egg with the sperm carrying the Y chromosome will develop into a boy; the zygote formed from the fertilization of the egg with the sperm carrying the X chromosome will develop into a girl).
35. **Q:** Can cousins get married? Why?
A: No. Because consanguineous marriages might produce abnormal children.
36. **Q:** Can the women take shower, wash their hair, brush their hair or teeth during the month of recovery after giving birth?
A: Yes.
37. **Q:** How to prevent the women diseases?
A: 1) Take survey for women disease on regular basis (once every two years for married women under 40 years old, once a year for married women over 40 years old)
2) Check your breasts once a month
3) Eliminate source of infection, do not use other people's towel, bath towel, and basin, etc. Do not mix with the clothes of those people carrying the infectious diseases
4) Have good health habits, pay attention to genital hygiene
38. **Q:** What should you pay attention to during menstrual period?
A: 1) Pay attention to menstrual hygiene, no sexual intercourse during menstruation, no showering, no swimming, use warm water to clean your vulva daily

- 2) Avoid doing strong physical exercises
- 3) Remember to maintain good mental state
- 4) Remember to keep you body warm, avoid cold

Promotional Survey Receipt(1)

Household Number _____
Responding person _____
Department _____ Village _____
Gender _____ Age _____
Occupation _____ Marital _____

Responding person signature:

(Note: This survey will be kept in file for recording purposes or inspection)

Promotional Survey Receipt(2)

Household Number _____
Responding person _____
Department _____ Village _____
Gender _____ Age _____
Occupation _____ Marital _____

Responding person signature:

(Note: This survey will be kept in file for recording purposes or inspection)

计划生育知识宣传访视小册



连江县计划生育局
连江县计划生育协会

连江县计划生育基本常识 进万家宣传访问问题

一、计生政策法规知识

1、我国《婚姻法》规定的男女青年法定结婚年龄是多大？

答：男不得早于22周岁，女不得早于20周岁。

2、什么是早婚早育？

答：凡是男早于22周岁，女早于20周岁结婚的为早婚，早婚后即生育子女的为早育。

3、什么是晚婚晚育？

答：比法定婚龄推迟三年，即男25周岁，女23周岁结婚的为晚婚。一对夫妻符合下列情形之一生育第一个孩子为晚育：

- (一) 晚婚后怀孕生育；
- (二) 女方二十四周岁以上生育；
- (三) 男方三十周岁以上生育。

4、结婚要办什么手续？为什么？

答：结婚要办理结婚登记手续，只有这样才算合法婚姻，才能受到法律保护。

5、《福建省计划生育条例》对农村育龄夫妇生育孩子有什么规定？

答：农村一对夫妇生育一个孩子，生了一个男孩不能再生，生了一个女孩间隔四年后且女方达25周岁以上经批准可以再生一个孩子。

6、早婚早育是违法的吗？要受处罚吗？

答：是违法的。早育者要征收社会抚养费。

7、什么是计划外生育？如何征收社会抚养费？

答：未经有关计划生育主管部门批准而生育孩子属于计划外生育。由乡（镇）人民政府、街道办事处或县级以上计划生育行政部门按当事人双方计划外生育行为被查出的一年总收入的以下倍数征收社会抚养费：
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(一) 提前生育的，按百分之六十至一倍征收；

(二) 多生育一个孩子的，按二至三倍征收；

(三) 婚外生育一个孩子的，按四至六倍征收。

8、生育孩子要经什么部门批准？要办什么手续？

答：符合政策要求生育第一个孩子的，在怀孕前，向乡（镇）街道的计划生育部门领取第一孩生育证。领证时，必须提交双方户口簿、结婚证、育龄妇女近期一寸正面免冠照片。申请再生育证的，在怀孕前向乡（镇）、街道的计划生育部门申领《再生育审批表》，并经县级计划生育行政部门审批后，申领生育证。领证时，除提交领取一孩生育证的材料外，还须提交（第一孩生育的有效证件，《福建省办理再生育申请和审批有关事项的规定》所要
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求材料，目前未怀孕的证明材料)。

9、婴儿出生后，应在什么时间凭什么证明材料申报户口？

答：婴儿出生后，应在一个月内凭出生证明到当地派出所申报户口。

10、再婚生育如何限定？

答：再婚夫妻一方未生育(没有孩子)，一方再婚前生育一个孩子的，或者一方为丧偶后再婚，再婚前双方符合本条例规定合计生育两个孩子的，经批准可以再生育一个孩子。

11、非医学需要鉴定胎儿性别，擅自终止妊娠的行为对吗？

答：不对 必须上报县计生局备案批准。

12、成年流动人口外出前需要办理哪些计划生育方面的手续？

答：成年流动人口外出前应凭本人身份证，到当地县级人民政府计划生育行政管

理部门或乡(镇)人民政府、街道办事处办理《流动人口婚育证明》。

13、成年流动人口到达现居住地后，在计划生育方面应办理哪些手续？

答：成年流动人口到达现居住地后，应当向现居住地的乡(镇)人民政府或街道办事处交验《流动人口婚育证明》。

14、流动人口在现居住地要求生育子女，应在哪里办理什么手续？

答：流动人口要求生育的，须向其户籍所在地的计划生育行政部门申请领取《生育计划证》，经现居住地县(市)区计划生育行政部门审核后，方可生育。

15、乡(村)每年要对你“双查”服务多少次？

答：每年三次。

16、生育一个孩子要采取什么避孕措施，生育两个孩子要采取什么措施？

答：一孩上环，二孩结扎。

二、生殖保健知识

17、已生育一个孩子的妇女首选什么避孕措施？

答：上环。

18、新婚夫妇首选什么避孕措施？

答：避孕套或短期避孕药。

19、孕妇为什么用药要慎重？

答：任何药物都有副作用，孕妇要尽量少用药，最好是不用药。

20、出现计划外怀孕该怎么办？

答：立即采取补救措施。

21、人工流产后应注意什么？

答：(1) 注意休息、卫生；(2) 一个月内禁止同房，两周内或血未净者禁止盆浴；(3) 术后如有发热、腹痛、阴道出血或持续不净达二周以上要到医院检查。

22、哺乳期(喂奶期间)妇女是否要避孕？用什么措施最好？

答：要避孕，最好用避孕套或上环。

23、什么时间适宜上环？

答：产后42天—3个月内，月经干净后3—7天。

24、避孕或结扎会影响身体健康吗？

答：不会。

25、妇女应坚持避孕到什么年龄？

答：应坚持避孕到绝经。

26、结扎后应注意什么？

答：(1) 术后卧床休息6个小时后可起来活动；(2) 3周内注意休息不能干重活；(3) 刀口要保持清洁；(4) 一个月内不能同房。

27、怎样才能做到优生？

答：优生要做到八点：(1) 要选择好配偶，禁止近亲结婚；(2) 认真做好婚前检查、优生咨询和优生检测；(3) 选择好最佳生育年龄；(4) 选择好最佳受孕时间；(5) 注意孕期保健；(6) 做好分娩监护；(7) 做好胎教和科学育儿；(8) 孕前三

个月服用“斯利安”。

28、从优生角度讲，妇女生育的最佳年龄是多大？

答：最佳生育年龄24—29岁。

29、新婚后月期间怀孕好不好？

答：不好。因为这时婚事操办消耗了大量体力和精力；婚宴大量饮酒使生殖细胞受到伤害；新婚期间性交频繁，引起精子质量下降；新婚旅行，饮食起居无规律，也难保持清洁卫生，这时候怀孕，不利于优生。另外，从工作、事业、经济等方面考虑刚结婚也不宜怀孕。

30、早婚早育有什么危害？

答：早婚早育不仅影响自己的身体健康，而且怀孕后易患妊娠高血压综合症，也容易导致胎儿畸形、低体重儿、流产、早产、难产的发生，使孕妇及新生儿发病率升高，婴儿死亡率增加。

31、服避孕药对健康有影响吗？

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答：服用避孕药不会影响健康。

32、怀孕期间能乱吃药、喝酒、吸烟吗？为什么？

答：不能，因为会造成胎儿畸形和智力低下。

33、母乳喂养母乳好，还是牛奶好，为什么？

答：母乳好。因为母乳营养比牛奶丰富，婴儿容易吸收。

34、生男生女取决于女方对吗？

答：不对。因为，生男生女决定于男方的精子所携带的性染色体是X还是Y，而与卵子无关。（卵子与带有Y染色体的精子结合，形成的受精卵。就发育成男孩；卵子与带有X染色体的精子结合，形成的受精卵，就发育成女孩）。

35、堂(表)兄弟能结婚吗？为什么？

答：不行。因为近亲结婚可能生育畸形的孩子。

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36、妇女“坐月子”可以洗澡、洗头、梳头、刷牙吗？

答：可以。

37、怎样预防妇女病？

答：(1) 定期进行妇女病普查(40岁以上已婚妇女每年检查一次，40岁以上已婚妇女每年检查一次)；(2) 每月自我检查乳房一次；(3) 杜绝传染源，不要随便用他人的毛巾、浴巾、盆器，不要和有传染病人的衣物混洗；(4) 有良好的卫生习惯，注意性器卫生。

38、月经期应注意什么？

答：(1) 注意经期卫生，月经期内禁止性生活、盆浴、游泳，每日应用温水清洗外阴一次；(2) 避免过强的体力活动；(3) 注意保持良好的精神状态；(4) 注意保暖，避免受凉。

宣传访视回执单(1)

户编号 _____ 系 _____ 村(居) 被访人
民, 性别 _____, 年龄 _____, 职
业 _____, 婚育情况 _____.

被访视人签名: _____
(注: 此访视回执单留于村部存档, 以备检查)

宣传访视回执单(2)

户编号 _____ 系 _____ 被访人
民, 性别 _____, 年龄 _____, 职
业 _____, 婚育情况 _____.

被访视人签名: _____
(注: 此访视回执单留于村部存档, 以备检查)

CERTIFICATE OF TRANSLATION

1. Birth Control Measures Implementation Notice from Guantou town, Lianjiang county, Fujian province for Lin, Xiu Zhen
2. Notification with regard to Tightening of this year's Implementation of Birth Control Measures from Guantou town, Lianjiang county for Lin, Xiu Zhen
3. Notification with regard to the Issues on Stepping Up the Work of the Hundred Days Battle on Population and Family Planning from Guantou town, Lianjiang county for Lin, Xiu Zhen
4. Notification with regard to the Issues on Stepping Up the Implementation of the Population and Family Planning Policy from Guantou town, Lianjiang county for Lin, Xiu Zhen
5. Family Planning Publicity Materials from Guantou town for Lin, Xiu Zhen
6. Family Planning Promotion Booklet from Lianjiang county for Lin, Xiu Zhen

I, Fang Qin He, hereby certify that I am competent in Chinese and English and that I have accurately translated the above documents from Chinese to English to the best of my abilities.

Date: 12/29/2009

Fang Qin He

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