

# CREATING YOUR FAMILY PLAN: 8 ESSENTIAL QUESTIONS



## FAMILY PLANNING FOR MEDICAL TRAINEES

### DO I WANT CHILDREN?

This is an important question to ask yourself early. If you're not sure, consider fertility in terms of your age and fertility preservation options if appropriate to defer your decision.



### WHEN DO I WANT TO START HAVING CHILDREN?

Consider this in terms of your career, your relationship, and your life plan. Find out more about starting a family at different stages of training [here](#).

### HOW OLD DO I WANT TO BE WHILE MY CHILDREN ARE GROWING UP?

Some people find this to be an important aspect in their planning, others don't! Think about what feels right to you.



### HOW MANY CHILDREN DO I WANT?

Having an idea about the number of children you may want and the optimal spacing is important when considering your fertility in terms of your age. You'll want to plan how you may complete your family during your reproductive years.



### IS IT IMPORTANT TO ME THAT MY CHILDREN ARE GENETICALLY LINKED TO ME?

When thinking about your fertility in terms of your age, decisions to delay childbearing may mean that you conceive with donor eggs/sperm/embryos.

### IS IT IMPORTANT THAT I HAVE A PARTNER BEFORE I CONSIDER HAVING CHILDREN?

Some people choose to parent alone. Others do not consider this to be an option. Reproductive options are open to you either way.

### AM I ABLE TO PROVIDE EGGS, SPERM AND/OR A UTERUS FOR A PREGNANCY?

Understanding what gametes you are able or willing to provide to conceive and carry a pregnancy is an important component of family planning. This may also change and other reproductive options may work better for you.



### WILL I HAVE A PARTNER THAT IS ABLE TO PROVIDE EGGS, SPERM AND/OR A UTERUS?

Understanding what gametes your partner may or may not provide to conceive and/or carry a pregnancy is important to consider. This may also change and other reproductive options may work better for you.