



For Immediate Release
December 22, 2016

Contact: Julian Teixeira
202-478-8564 / jteixeira@thenc.org

‘TIS THE SEASON TO SAY #THXBIRTHCONTROL

More U.S. babies born 9 months after the holidays than any other time

(Washington, DC)—Something to consider while decking the halls: September 16 is the [most common birthday](#) in the U.S. and the middle week of September is the [most common birth week](#). Because pregnancies typically span 9 to 10 months that means the holidays are the most likely time for conception. That’s the best gift of all if you are planning to get pregnant, but if not, then the holidays are a fantastic time to say #ThxBirthControl.

“Deciding if, when, and under what circumstances to get pregnant is one of the most important life decisions that anyone can make, no matter what time of year,” said Ginny Ehrlich, CEO, The National Campaign. “Given the [broad support for birth control](#) in this country and the fact that not everyone has access to it, you might think about talking this issue with family and friends this season. It might just be the least controversial thing you talk about.”

If getting pregnant isn’t one of your New Year’s resolutions, there are more contraceptive options than ever to help you achieve that goal. We made a list, but please check it twice:

- Already using a low-maintenance method like the [IUD](#) or [implant](#)? Congratulations, you’ve got the gift that keeps on giving—birth control that’s 99% effective and doesn’t require you to do anything.
- Other methods demand a little more attention:
 - ✓ You can take the [pill](#) every day, including the 12 days of Christmas.
 - ✓ The [patch](#) gets changed weekly regardless of where you go on vacation.
 - ✓ The [ring](#)—not of the five golden rings variety—needs replacement every month.
 - ✓ The [shot](#) must be administered every 90 days, no matter how many shopping days are left.
 - ✓ Traditional latex [condoms](#) and internal female [condoms](#) (you can come up with your own stocking stuffer joke here) don’t protect against Jack Frost, but when used carefully and consistently are good at preventing pregnancy and sexually transmitted infections.

Happy Holidays!

About The National Campaign: The National Campaign is a private, non-profit organization that seeks to improve the lives and future prospects of children and families by preventing teen and unplanned pregnancy. Please visit www.TheNationalCampaign.org to find out more.

###