

### **Abstract:**

Pregnancy and child birth is a natural event but mother and fetus may be at risk if unattended. Complications can occur at any stage during antenatal, intra-partum, and postnatal periods. Correct intervention at correct time can save many lives. Delaying and spacing of pregnancy with a family planning method play a vital role in making family healthy, wealthy and happy. People seek family planning methods to delay pregnancy, for spacing or to avoid pregnancy due to economic, social, cultural and health issues. Some methods offer additional benefits like prevention of sexually transmitted diseases. Significant number of young mothers of twenties and early thirties decide to undergo permanent sterilization as the family planning method although they have only 2 or 3 children. But they are not counseled properly about these family planning methods. Therefore it is very important to arrange pre-pregnancy counseling and counseling during ante natal period about family planning methods.

Aim of the study was to assess the Female sterilization (LRT) and knowledge and attitude of the family Planning methods among post partum mothers.

Methodology: This is a cross sectional hospital based study conducted in Base Hospital Kuliyaipitiya. Pre tested interviewer administered structured Questionnaire was given to all mothers in three languages to the post natal mothers in the post natal ward and collected the data and analyzed with SPSS v.13.

Conclusion: Knowledge of contraceptives and safe period was satisfactory. Knowledge of emergency contraceptives is not adequate. Desire for male sterilization is not satisfactory. With the higher education, mothers select modern family planning methods and with higher income lead mothers to seeking modern family planning methods.

Knowledge about family planning methods is satisfactory among all the racial, religious and social groups.