



# You're in a relationship? It's OK to use the 'F' word

 Family. There, we've said it. Many couples put off discussing when to start theirs. But don't wait too long. Fertility rates and the chances of having healthy children start to drop sooner than you might imagine. As you age the quality of your sperm starts to decline. This can affect the health of any child you may be lucky enough to have. Children fathered by older men have an increased risk of mental illness. For a woman, the decline in fertility starts early in her 30's and speeds up from 35. Age is the one factor we cannot control, change or correct. But what we can do is start the discussion earlier about the 'F' word. For more information, visit [yourfertility.org.au](http://yourfertility.org.au) because fertility is ageist. 

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