

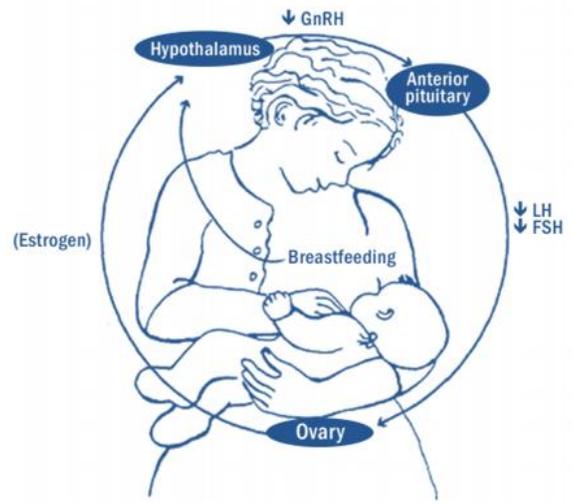
# FACT SHEET

## Lactational Amenorrhea Method

### What is it?

Lactational Amenorrhea Method (LAM) is a very effective and natural method of family planning based on three criteria. LAM prevents pregnancy if a woman **(1) is exclusively breastfeeding, (2) has not had started her period after childbirth, and (3) her baby is less than six months old.** To use LAM successfully, a woman must:

- Breastfeed as often as the baby wants, day and night
- Not give the baby other food or liquids (not even water)
- Continue to breastfeed even when she or her baby is sick
- Avoid using bottles, pacifiers, or other artificial nipples
- Begin thinking about a new method while still using LAM and be ready to switch immediately when she no longer meets even one of the three LAM criteria



### How does it work?

When a baby suckles frequently at the breast, it stimulates signals to the brain which release hormones that block a woman's egg from developing.

### How well does it work to prevent pregnancy?

LAM works very well to prevent pregnancy and is more than 98% effective when used correctly.

### Advantages

- Does **not** cause any physical side effects
- Effective and reversible
- Inexpensive
- No hormones, devices or medical procedures required
- Breastfeeding helps baby grow healthy and strong and protects her/him from disease

### Disadvantages

- Offers no protection against HIV or other STIs
- Can only be used by women <6 months postpartum

### Contact your health provider if:

- You are no longer exclusively breastfeeding (giving baby other food or liquids)
- Your period has started again
- Your baby is 6 months old
- You have any breastfeeding problems

Spacing pregnancies is important for the health of mother and child. After giving birth, wait two years before getting pregnant again. Begin using another family planning method as soon as your period returns, your baby is 6 months old, or you begin giving your baby any foods or liquids other than breast milk.