

Lactational Ammenorrhea Method (LAM)



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- LAM is a natural way to prevent pregnancy after a woman gives birth. If certain conditions are met, the woman's body does not release an egg, so she does not become pregnant.
- There are three conditions for using LAM:
 1. The woman's menstrual period has not returned.
 2. The woman only breastfeeds the baby. No other food or liquid is given to the baby at any time.
 3. The baby is less than six months old.
- It is important that ALL of these conditions are met. If any is not met, the woman could become pregnant.
- LAM is like a pot that rests on three stones. If one of the stones is taken away, the pot will fall over. Likewise, if one of the LAM conditions are not there, the woman could become pregnant.
- When any of the conditions are not met, the woman could become pregnant. She can use a different family planning method if she does not want to become pregnant.

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