



LAM

Lactational Amenorrhea Method

A Family Planning Method for Breastfeeding Women

Counseling Guide

for Teaching Women
How to Use LAM

Explain Who Can Use LAM

You can use LAM if you meet ALL 3 of these criteria:

1

Your menstrual bleeding has not returned since your baby was born.



Why?

When you begin menstrual bleeding you are fertile again. You can get pregnant even if you continue to breastfeed.

2

You breastfeed your baby day and night and do not give any other food, water or liquids.



Why?

When your baby receives any food, water or other liquids besides breast milk, **your baby will not nurse as often**. This will cause you to be fertile again. You can get pregnant.

3

Your baby is less than 6 months old.



Why?

When your baby turns 6 months old you may be fertile again. You can get pregnant, even if you continue to breastfeed.

Explain How to Use LAM



Breastfeed Regularly

- Breastfeed as often as your baby wants, day and night.
- Continue to breastfeed even when you or your baby is sick.

Breastfeed Only



- Do not give your baby any foods, water, or other liquids before 6 months of age.
- Medicines, vitamins and vaccines are okay.
- Breastfeeding provides your baby with everything she/he needs to be healthy for the first 6 months.
- Do not use bottles, pacifiers or other artificial nipples. These discourage your baby from breastfeeding as frequently.

Begin Thinking About Another Method Now



- When your menstrual bleeding returns, start using another method.
- If your baby receives other food or liquids besides breastmilk, start using another method.
- When your baby reaches 6 months old, start using another method.

Breastfeeding alone is not enough to protect you from pregnancy. All 3 criteria must be met.

Encourage the woman to start thinking about other methods now, to be ready when LAM no longer works for her.

Review other methods.

Explain Who Can NOT Use LAM

These women are fertile again and need to start using another family planning method immediately:



A mother who has begun her menstrual bleeding cannot use LAM.

Bleeding after the baby is 2 months old is considered menstrual bleeding.

OR



A mother whose baby receives other foods or liquids cannot use LAM.

Even if the baby is still breastfeeding.

OR



A mother whose baby is 6 months or older cannot use LAM.

NONE of these women can use LAM.

Counsel the Woman Who Cannot or Chooses Not to Use LAM

1. Encourage her to start using another method now.
2. Help her choose another method.
3. Encourage her to continue breastfeeding her baby.
4. Encourage her to wait until her baby is at least two years old before getting pregnant again.



Other Family Planning Methods for Breastfeeding Women

Methods women can use any time:

- Condoms
- Vasectomy

Methods women can start using 6 weeks after giving birth:

- Progestin-only pills, injectable, implants
- IUD*
- Tubal ligation**

Methods women can use 6 months after giving birth:

- Combined pills (with estrogen)
- Combined injections (with estrogen)
- Natural methods (if specific criteria are met)



*An IUD can be inserted up to 48 hours after giving birth or after 6 weeks postpartum.

**Tubal ligation can be performed up to 7 days after giving birth or after 6 weeks postpartum.

Encourage the woman to wait at least 2 years before getting pregnant again. Waiting 2 years is best for the health of the baby and the woman.

