LAM

LAM is a *natural* method to help you space your children. It can be used as a Family Planning method for up to 6 months after delivery if:

- You are fully breastfeeding

AND

- Your baby is less than six months old

AND

- Your menses have not yet returned
• It is important for you and your family to space your children.

• Wait until your child is two years old to become pregnant again.

• To space your children there are different methods available in the health facility.

Visit your health center near by and the health provider will give you more information about it.