Lactational Amenorrhea Method or the LAM Method

Lactational Amenorrhea Method, or the LAM method, is a natural method, which helps you to space your pregnancies. This can be practiced as a family planning method for up to 6 months after delivery, if:

- you exclusively breastfeed your baby
- the age of your baby is less than six months
- your menses have not yet returned after delivery

The LAM method is highly beneficial to both you and your baby; if you practice the LAM method, both you and your baby will remain healthy and strong

- Exclusively breastfeed your baby until s/he is six months old
- Continue to breastfeed your baby alongside giving him/her other food from when s/he is 6 months old to when s/he is 2 years old

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LAM transitional methods

When do you need to adopt another family planning method? As soon as:

- Your menses starts
- You begin to introduce other foods or liquids
- Your baby is more than six months

When any criterion of LAM is not effective, start to use a modern family planning method after discussing with your health provider which is suitable for you.

Remember:
- After LAM ends, be sure to switch to another method to ensure the healthiest spacing of your next pregnancy, even if your menses has not yet returned.
- Continue breastfeeding your baby for full two years, take a modern family planning method, even after you start using a new method.