Breastfeeding and Complementary feeding for child case study

STORY #1:

Salwa has a 4 month old baby. She feeds the baby breast milk, and also feeds her local food. She thinks her breast milk alone is not enough for the baby. Her menstruation has not returned since delivery. She has not yet gone to the health facility for a family planning method.

Should Salwa change what she feeds the baby?

Is Salwa protected by LAM?

How can Salwa prevent another pregnancy too soon?
Should Salwa change what she feeds the baby?
Answer: Yes, she should feed the baby only breastmilk. Breastmilk has all the nutrients and water the baby needs for the first 6 months. She can increase her breast milk production by breastfeeding every time her baby cries in the day or night and feeding from both breasts until the breast is empty and soft.

Is Salwa protected by LAM?
Answer: No, she is not protected by LAM and she is not using another FP method, so she is at risk of pregnancy.

How can Salwa prevent another pregnancy too soon?
Answer: Go to the health facility soon for a family planning method.