STORY #2

Amani has a 7 month old baby. Her menstruation has not yet returned, and she thinks that because she is still breastfeeding her baby, she cannot get pregnant. She plans to wait until she stops breastfeeding to get a family planning method.

Can Amani use LAM?

Is Amani at risk of getting pregnant?

What should Amani do?
Can Amani use LAM?
Answer: NO, the baby is past 6 months

Is Amani at risk of getting pregnant?
Answer: YES, she is not using family planning. The LAM criteria are no longer met, so breastfeeding does not protect Amani from pregnancy. She should not wait for her menses to return to start using a family planning method, as pregnancy is possible even before her menses appears.

What should Amani do?
Answer: Go to the health facility right away for a family planning method