Hasina has a 3 month old baby. She feeds the baby only breast milk, and does not give the baby any other foods or liquids. She knows that breastmilk has the best nutrients for the baby during the first 6 months, and that by feeding the baby only breastmilk it will help her baby grow strong and healthy. Her menstruation has not returned since the baby was born.

Is Hasina eligible to use LAM?
When should Hasina switch to another family planning method?
Breastfeeding and Complementary feeding for child case study

Is Hasina eligible to use LAM?
Answer: YES! She meets all 3 LAM criteria

When should Hasina switch to another family planning method?
Answer: Any time, but at least before the baby reaches 6 months OR she starts feeding the baby other foods or liquids OR sooner if her menstruation returns. For the best health outcomes, Hasina should continue to give her baby only breast milk until the baby’s six month birthday, but if she is unable to do that, she should transition to another family planning method before introducing other foods and liquids.