



Healthy Spacing of Pregnancies is Good for the Family!



REMEMBER!

Use a family planning method no later than 30 days after delivery! Start planning now which method you will use.

If it has already been more than 30 days since you delivered, go to the health facility soon for a family planning method.

LAM is 98% effective as long as you follow all three conditions. You will need to get another method of family planning before any of the conditions are not met.

Breast milk has all water and nutrients the baby needs for the first 6 months.

Feed the baby only breast milk— no other foods or liquids (not even water) before 6 months.

Do not wait for menses to return to start using a family planning method, as pregnancy is possible before menses appears.

Tips for Exclusive Breastfeeding

- Your breastmilk has all the nutrients and water your baby needs to grow and be healthy for the first 6 months. Do not give the baby any foods or other liquids (not even water) before 6 months.
- Breastfeed as often as your baby wants, day and night. Continue to breastfeed even when you or your baby is sick.
- Breastfeed from both breasts and until the baby is full or your breast is empty and soft. Increase frequency and duration of breastfeeding if your baby cries when taken off the breast. Babies go through growth spurts - by increasing how often and how long you breastfeed, your milk supply will increase.
- At 6 months, your baby should begin to take other foods and liquids along with breastmilk. Discuss with your CHW which foods are best to introduce first.



Wait at least two years after the birth of your baby before the next pregnancy.

Birth spacing allows your baby to grow strong and healthy!

To prevent another pregnancy too soon, use a family planning method no later than 30 days after delivery. Start planning now which method to use.

There are many family planning methods suitable for breastfeeding women. Visit a health provider to discuss which method may be best for you.

LAM Method of Family Planning

LAM is a natural family planning method which can help space your births. It can be practiced for up to 6 months after delivery.

LAM is 98% effective when practiced correctly. In order to use LAM there are three conditions that must be met:



You exclusively breastfeed your baby (no other foods, liquids, or water)



Your baby is less than 6 months



Your menstruation has not returned since the baby was born

Please note: If you are exclusively breastfeeding and your baby is less than 6 months, it is very unlikely that your menstruation will return during that time.

Switching from LAM to Another Method

Once any of these occur, you are no longer protected by LAM. Switch to another family planning method before:

- Your baby reaches 6 months
- You feed the baby other foods or liquids other than breast milk
- Your menstruation returns



LAM is very effective as long as the three conditions are met, but if any of the conditions are broken before you are able to switch methods, use a back-up method (eg condoms or emergency contraception) to stay protected. Visit a health facility as soon as possible for another method.

Do not wait for menses to return to start using a family planning method, as pregnancy is possible before menses appears.