

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:



And



And



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

LAM transitional methods

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



OR



OR



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.



This publication was produced with funds from the USAID but does not necessarily reflect USAID views and policy