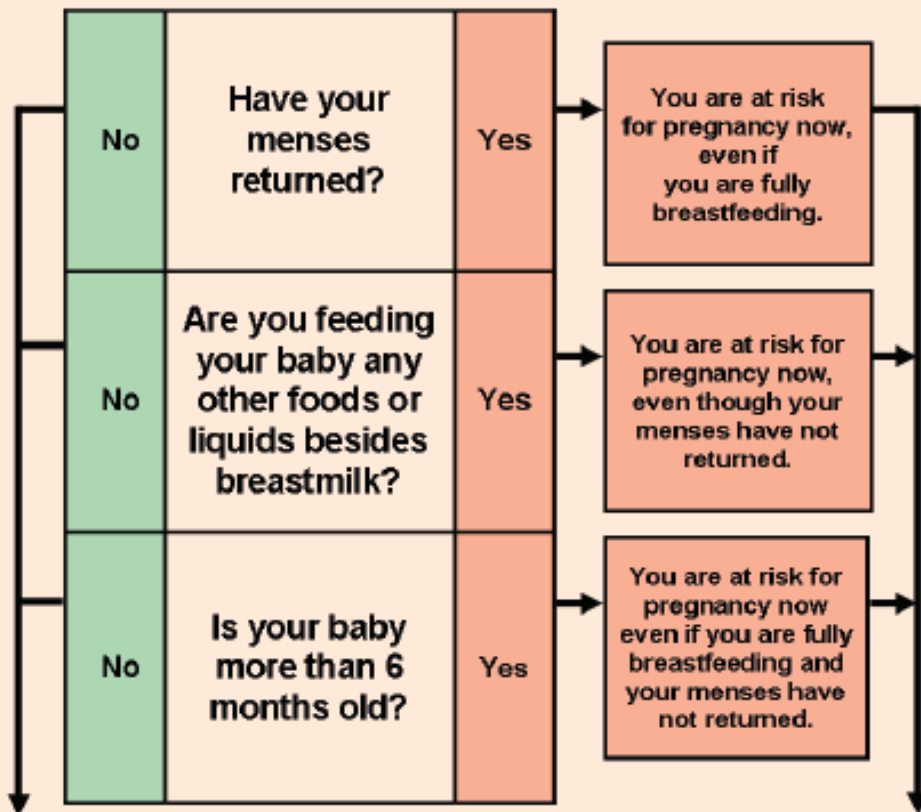


Start here!

Determine A Mother's Need for Family Planning



- Your risk of pregnancy now is low— because you are naturally protected from pregnancy by a process known as the lactational Amenorrhea method (LAM).
- Your risk for pregnancy will increase soon. *See reverse*

- Women who delay another pregnancy for at least 2 years after giving birth are healthier and have healthier babies.
- To space pregnancies you need to use a FP method. *Refer mother to FP clinic*

Go for Family Planning when any ONE of these things occur:

1



Your menstrual bleeding returns.

OR

2



You feed your baby other liquids or foods besides breastmilk.

OR

3



Your baby is 6 months old.

Why do you need another method?

When one of these conditions occurs, it is a sign that your fertility has returned. The LAM method will no longer be working.

To prevent having another baby too soon, you should use another family planning method.

Why is birth spacing important?

It is Healthy! Women who delay another pregnancy for at least 2 years after giving birth are healthier and have healthier babies.