



LAM

Lactational Amenorrhea Method

A Family Planning Method for Breastfeeding Women



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2 You only breastfeed your baby (no other food or liquid is given)



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3 Baby is less than 6 months old



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Do YOU meet all 3 of these criteria?
If yes, you can use LAM to prevent pregnancy.

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When you no longer meet ALL these criteria, begin using another family planning method immediately.

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While You Are Using LAM:



Breastfeed as often as your baby wants, day and night.



Do not give any foods or other liquids (not even water). Breast milk is all your baby needs to grow and be healthy for the first 6 months.



Continue to breastfeed even when you or your baby is sick.

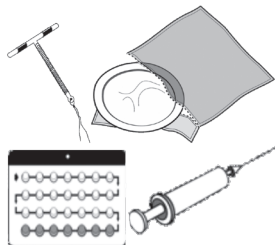
Begin thinking about a new method while still using LAM.

Be ready to switch to a new method immediately, when you no longer meet ANY of the 3 LAM criteria.

The best methods for breastfeeding women are condoms, IUD, tubal ligation, vasectomy, and some pills and injections.

A health care provider can help you choose the best method for you.

When you start using another method, continue to breastfeed. **Breast milk is the best food for your baby!**



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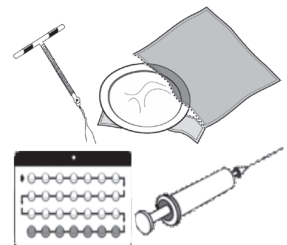
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