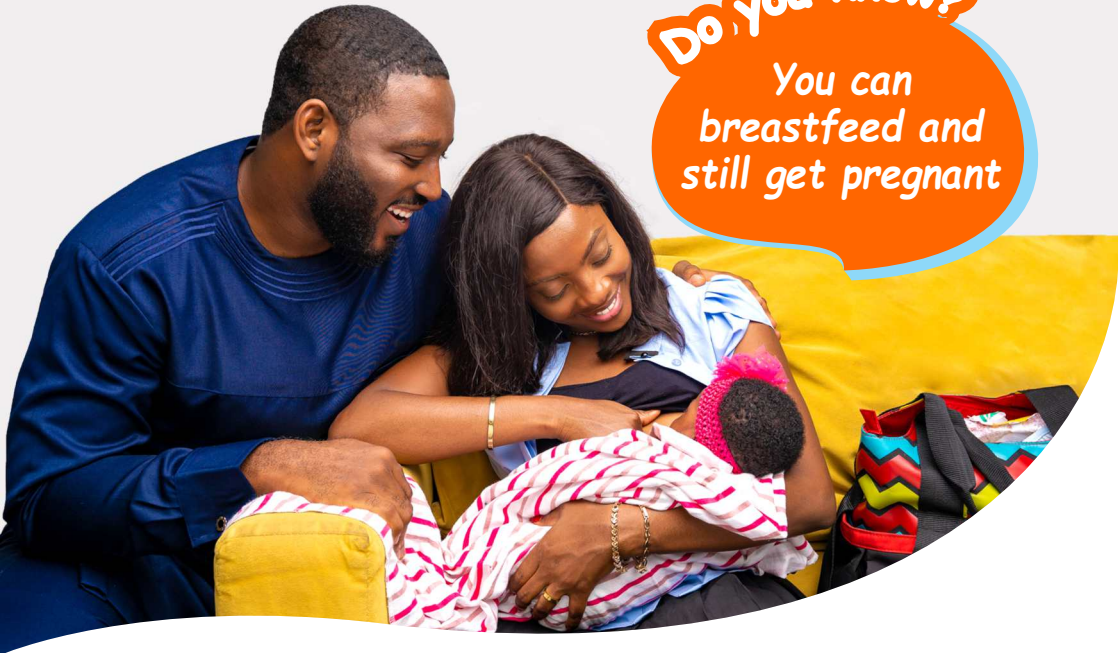


Exclusive Breastfeeding

Lactational Amenorrhoea Method **LAM**

Do you know?

You can
breastfeed and
still get pregnant



What you need to know

Exclusive breastfeeding can prevent pregnancy, but it requires “3” conditions:

1. Your menstruation has not returned after giving birth.
2. You put the baby to breast day and night, on demand, no food or water. (Note: Putting baby to breast is not the same as expressing breast milk)
3. Your baby is less than six (6) months old.

*All the three (3) conditions **MUST** be met, to prevent pregnancy*

How LAM works

Exclusive breastfeeding stops ovulation, which means an egg is not released each month. If an egg is not there to meet the sperm, pregnancy cannot occur.

How effective is LAM

LAM is 98% effective

- Breastfeeding is a nutritious food and adequate enough to meet all of your baby's needs. It constitutes more than 80% of water and is sufficient to quench the baby's thirst.
- Breastfeeding should be initiated immediately after delivery because in the first few days of birth, the breast produces colostrum (the thick yellowish fluid that comes out first) which contains very high quantities of protein, vitamins and minerals that can protect the baby from infections.
- It is regarded as your baby's natural immunization.
- There are different of modern family planning methods that are safe for a breastfeeding mother to adopt.
- It is safe for the woman to adopt a modern family planning method along with LAM.
- Visit any registered hospital with the green dot to speak to a family planning provider today.