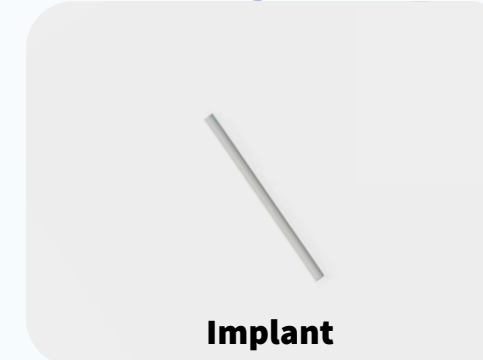


FAMILY PLANNING METHODS FOR BREASTFEEDING WOMEN

Exclusive Breastfeeding Lactational Amenorrhoea Method (LAM)



When you no longer meet any of the “3” conditions for LAM, these methods are safe for you while breastfeeding



Can be used immediately after childbirth



Can be used within 48 hours after delivery OR after 4 weeks



Can be used 6 weeks after childbirth



Mini pills: Can be used immediately after childbirth

Combined Oral Pills: Can be used 6 months after delivery



Can be used immediately after childbirth

- 1 Your menstruation has not returned after giving birth.**
- 2 The baby is put 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 The baby is less than six (6) months old.**

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

