



Lactational Amenorrhea Method

Breastfeeding under certain conditions can prevent the ovaries from releasing eggs. This method does not cost anything, but it is most effective for only the first six months after childbirth.

How to use breastfeeding for preventing pregnancy?

- If baby is less than six months old.
- If the woman has not had monthly bleeding after giving birth.
- If the woman is exclusively breast feeding

the baby, (not even water) and feeding the baby whenever she/he is hungry, with not more than six hours between feedings, day and night. The baby does not sleep throughout the night without feeding.

Use another method of family planning as soon as any of the following things happen:

- Baby is more than six months old, or
- Monthly bleeding starts, or
- Baby starts taking other kinds of milk or other foods, or starts sleeping for more than six hours during the night

Your responsibilities:

- Communicate messages on the Lactational Amenorrhea Method during meetings
- Explain to women about three conditions necessary for practicing Lactational Amenorrhea Method
- Assist the women for contraceptive method if she is not conforming to three conditions.