

# Exclusive Breastfeeding Method (LAM)



## General information:

- It is a temporary family planning/childbirth spacing method.
- It is an effective method for a woman when ALL of the following three conditions are fulfilled:
  - She has an infant younger than 6 months old
  - She is exclusively breastfeeding (feeding baby on demand, regularly both day and night) and does not give other foods or water to the baby
  - She has not had menstrual bleeding since she delivered the baby

## How effective is LAM?

- **98% effective:** If 100 women use LAM, about 2 women will become pregnant in the first 6 months after childbirth

## Possible Side Effects:

- None

## How method works:

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

## Advantages

- Can be used immediately after childbirth
- Does not interfere with sex.
- No costs or supplies needed.
- Suppresses menstruation (menses/period) in some women.
- Breastfeeding provides the best food for the baby.

## Who should not use LAM

### A woman who:

- Has a baby older than 6 months of age
- Has had her menstrual bleeding return.
- Gives her baby supplementary food and water in addition to breastmilk or as a substitution for breastmilk

## Who can use LAM

### A woman who:

- Has a baby less than 6 months old
- Has not had her menstrual bleeding (menses/period) return.
- Breastfeeds her baby exclusively (day and night)

## NOTE:

**If you have any medical condition, or problems with breastfeeding, please talk to a trained service provider**

