

LACTATIONAL AMENORRHEA METHOD (LAM)

The Lactational Amenorrhea Method (LAM) is a temporary method of family planning using the natural effect of breastfeeding on fertility.

To be effective LAM requires three (3) conditions to be met; they are as follows:

1. The mother's monthly bleeding has not returned;
2. The baby is fully or nearly fully breastfed and is fed often, day and night; and
3. The baby is less than six (6) months old

The term "Fully breastfeeding" includes both exclusive breastfeeding (the infant receives no other liquid or food, not even water, in addition to breast milk) and almost-exclusive breastfeeding (the infant receives vitamins, water, juice, or other nutrients once in a while in addition to breast milk)" (Source: **Family Planning: A Global Handbook for Health Providers**)

How effective is it?

As commonly used, about two (2) pregnancies occur per 100 women using LAM in the first six (6) months after childbirth. This means that 98 of every 100 women will not become pregnant..

Frequently Asked Questions

For other information and frequently asked questions and answers about the Lactational Amenorrhea Method (LAM) please refer to:

(Pages 257-260)

<http://info.k4health.org/globalhandbook/handbook.pdf>

WITHDRAWAL

In the withdrawal method of contraception, the man withdraws his penis from his partner's vagina prior to ejaculation and ejaculates outside the vagina, ensuring that his semen not in close proximity to her genital area. This method prevents a man's sperm from entering a woman's body.

How Effective is it?

As commonly used, about 27 pregnancies per 100 women occur in the first year of use. This means that 73 of every 100 women will not become pregnant.

Frequently Asked Questions

For other information and frequently asked questions and answers about Withdrawal please refer to:

(Pages 255-256)

<http://info.k4health.org/globalhandbook/handbook.pdf>