



Lactational Amenorrhea Method (LAM)

Lactational amenorrhea method (LAM) refers to the normal cessation of menstrual periods for the months a woman is exclusively breastfeeding. During this time, ovulation doesn't occur. LAM is a temporary method of contraception. To maintain effective protection against pregnancy, another method of contraception must be used once the criteria are no longer being met.

The method is only effective in preventing pregnancy under the following conditions:

- The mother is exclusively breast-feeding. She is breastfeeding her baby on demand, both day and night and is not feeding other foods or liquids to the baby.
- The baby is less than 6 months old.
- The mother's period hasn't yet returned.
- When the baby begins going longer intervals between breastfeeds (more than 4 hours during the day and 6 hours at night) this method may no longer be effective.

Effectiveness:

When all of the above conditions are met, the effectiveness of LAM is about 98%.

Average cost: Free

Pros

- Does not interfere with breast milk production

Cons

- Doesn't protect against STD/HIV
- All the criteria must be met in order for this to be 98% effective



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