

# Breastfeeding and Fertility

## Lactational Amenorrhoea Method



### Will LAM work for you?

**Is your baby less than 6 months old?**

**Are you amenorrhoeic?**  
No bleeding or spotting since 8 weeks postpartum

**Are you fully breastfeeding baby?**

Full breastfeeding provides more than 98% protection from pregnancy at this stage.

When the answer to **any one** of these questions becomes

**NO,**

**You cannot rely on breastfeeding alone for Family Planning.**

**See your NFNZ Educator for another method.**

**Note:** It is very important that individuals and couples relying on LAM for contraception are taught the method correctly and remain under supervision during the term of practice. It is essential that they learn to recognise the signs of returning fertility