

## What are the benefits of breastfeeding?

- Breastfeeding provides the best nourishment for infants and has long lasting health benefits
- It strengthens the emotional bond between the breastfed infant and his/her mother
- It promotes the nurturing role of a mother and delays the return of fertility.

## Natural Fertility Services

Natural Fertility Services educates individuals and couples in the use of Natural Family Planning.

- LAM is more than 98% effective
- LAM is a family planning method
- No abstinence or charting required
- The World Health Organisation recommends LAM as an effective method of family planning

### DO YOU REQUIRE MORE INFORMATION?

At your nearest Natural Fertility Services Clinic there are highly trained educators available to assist you with LAM or the Sympto-Thermal Method during breastfeeding.

#### For further information:

#### Natural Fertility Services

Freecall: 1800 114 010

Email: [natural@catholiccare.org](mailto:natural@catholiccare.org)

To find out the cost of this service please contact us on (02) 9390 5156.

## CONTACT US

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[www.catholiccare.org](http://www.catholiccare.org)



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Lactational  
Amenorrhoea Method



**Are You  
Breastfeeding?**

Nature's gift to breastfeeding women

## ARE YOU FULLY BREASTFEEDING?

Breastfeeding usually delays the return of your fertility after childbirth. It is nature's way of giving your body time to adjust while protecting and nourishing your newborn baby.

### The Lactational Amenorrhoea Method

The Lactational Amenorrhoea Method (LAM) is a scientifically proven method that relies on the effects of breastfeeding to provide a natural but temporary time when ovulation is suppressed.

LAM works whilst the mother continues to practise optimal breastfeeding behaviours (the more the baby sucks, the less likely a woman will ovulate), and the three critical criteria are met.

LAM criteria:

- The absence of periods (past 56 days post partum)
- Fully breastfeeding
- Baby under 6 months old

The support of an accredited Natural Fertility Services (NFS) educator will help you to know when LAM no longer applies and when to begin using another natural method of family planning.

### Use LAM for family planning

LAM is an excellent family planning choice for fully breastfeeding mothers for up to six months after the birth of the baby.

LAM can be used immediately after childbirth when breastfeeding begins (provided that certain criteria are met) and can continue until the introduction of supplementary foods usually around 4-6 months, or until commencement of any spotting or menstrual bleeding.

**Are you breastfeeding?**

### LAM is simple to use

Ongoing contact with an NFS educator is essential to ensure correct use and maximum effectiveness of the method.

The NFS educator contacts the mother fortnightly to discuss baby's feeding patterns, mother's and baby's health and any other factor which may affect the mother's fertility.

These regular checks help ensure that the LAM criteria are fulfilled and that the mother feels confident using the method.

The accredited NFS educator advises the mother when LAM no longer applies and she can no longer rely on it to prevent pregnancy. The educator would then suggest using another natural method of family planning.



### Why use LAM?

- To avoid pregnancy
- To delay the introduction of other family planning methods
- To eliminate hormonal or invasive contraception for the nursing mother
- LAM is a reliable method while mother is breastfeeding
- LAM does not involve the use of drugs or devices

### How effective is LAM?

When used correctly LAM is a healthy, reliable, natural method of avoiding pregnancy. LAM offers breastfeeding women more than 98% protection from becoming pregnant provided the criteria are met. It is as effective as other methods of family planning