Healthy spacing of pregnancies is waiting at least two years after the birth of your last child or six months after a miscarriage to become pregnant again for the health of the mother and baby.

What are the benefits of healthy spacing of pregnancies?

- Improves the health of the mother and the child.
- Reduces the chance that newborns, infants and children will die under five years of age.
- Reduces the chance that babies are born too early, too small or with a low birth weight.
- Gives mothers and fathers two years to prepare for the next pregnancy.
- Reduces the chance of problems during the next pregnancy.
- Allows mothers to breastfeeding for two full years.
- Helps each co-wife to have healthy and productive children!

Remember:

“One good child is better than many useless ones” (Hausa Proverb). Remember waiting at least two years to become pregnant after the birth of your last child will help you have healthy and productive children.

- Wait at least two years after your baby’s birth before trying to become pregnant again for the health of you and your baby.
- Wait at least six months after a miscarriage before trying to become pregnant again for the health of you and your baby.
- Use methods that are safe for a breastfeeding baby and mother. You have many choices that have no effect on breastfeeding.
DISCUSSING AND CHOOSING A FAMILY PLANNING METHOD PRIOR TO SIX WEEKS AFTER THE BIRTH

What do you see in this picture?
What do you understand about this picture?

What is communication between couples about family planning?

What is the benefit of discussing and choosing a family planning method before a baby is six weeks old?

Discussing and choosing a method, including LAM, before your baby is six weeks:

· Can help ensure healthy spacing of pregnancies.
· Can help prevent an unintended pregnancy.
· Allows a mother to ask a provider for a method (including LAM) during the 6 week postpartum visit.

Remember:
· A mother can become pregnant as soon as 6 weeks after a birth if she is not exclusively breastfeeding, even if her menses has not yet returned!
· An understanding between couples early on can help prevent unplanned pregnancies.
· Couples, ask your provider for family planning information during your pregnancy.
· Couples, discuss and choose a family planning method before your baby is 6 weeks old.
· Mother, obtain your family’s method of choice during your 6 week visit with your provider.

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LAM

What do you see in this picture?
What do you understand about this picture?

What is lactational amenorrhea method or LAM?

Lactational Amenorrhea Method (LAM) is a temporary, natural family planning method you can start yourself immediately after a delivery if:

1. Your menses has not returned, **AND**
2. The baby is only breastfed and is fed frequently day and night, **AND**
3. The baby is less than six months old.

What are the benefits of LAM?

- LAM is a family planning method that can help protect women from unplanned pregnancies for up to 6 months after the last birth.
- It prevents pregnancies if all three conditions are met.
- It can be started immediately after birth.
- There are no side effects.
- It is a natural method, requiring no medical devices or artificial hormones.
- It gives you time as a family to consider and choose other FP methods for when LAM will no longer be effective.
- It uses breastfeeding, which is good for the health of your baby.

Remember:

- Couples, practice LAM, while you decide on another method to change to after LAM. This will help ensure healthy spacing of your children.
- LAM prevents unplanned pregnancies if the mother's menses has not yet returned, your baby is only breastfeeding, and your baby is less than six months old.
- A mother not using LAM (volunteer asks the household women what the criteria are and the volunteer repeats the criteria again) can become pregnant even if her menses has not yet returned!

REMEMBER- LAM is not equal to EXCLUSIVE BREASTFEEDING
LAM AND THE TRANSITION

What do you see in this picture?
What do you understand about this picture?

What is the transition from lactation amenorrhea method or LAM to another modern method?
- LAM protects women from unplanned pregnancies for up to 6 months postpartum, if:
  1. Her menses has not returned, AND
  2. The baby is only breastfed and is fed frequently day and night, AND
  3. The baby is less than six months old.
- As soon as one of the 3 criteria changes, couples should immediately switch to another method.
- There are many safe FP methods for breastfeeding mothers that will not affect breastfeeding, change the quality or quantity of breastmilk.
- Your baby can continue to breastfeed even if you are using a modern FP method.

What are the benefits of transitional from LAM to another modern FP method?
- Switching from LAM to another family planning method as soon as one of the criteria changes helps too ensure the healthiest spacing of pregnancies for the mother and the baby.
- Since LAM is temporarily changing to another method will prevent mothers from becoming pregnant before they are ready.

Remember:
- Couples, if you are using LAM and the mother has returned her menses, the baby is no longer only breastfeeding, or the baby is older than six months, change to another family planning method immediately to space your pregnancies.
- There are many safe FP methods for breastfeeding mothers. Talk to your provider and ask about those methods that have no effect on breastfeeding.