



Lactational Amenorrhoea Method

A natural, temporary contraceptive
method for breastfeeding women

What is LAM?

The Lactational Amenorrhoea Method (LAM) is a scientifically proven method that provides a natural but temporary time where ovulation is suppressed during breastfeeding.

For this method to work, the following conditions must be met:

- The baby must be under six months of age
- The woman must not have had a period
- The baby must be exclusively breastfed

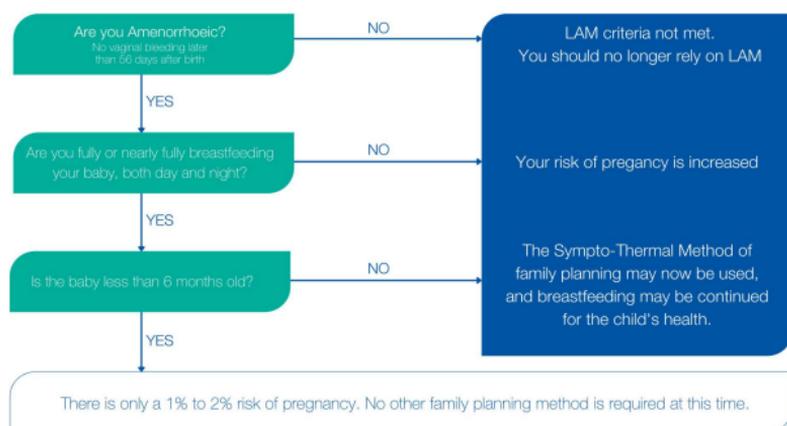
Why use LAM?

Many breastfeeding mothers use LAM for many reasons, including:

- To avoid pregnancy
- To delay having to use other family planning methods
- To eliminate hormonal or invasive contraception whilst breastfeeding

How effective is LAM?

When used correctly, LAM is a healthy, reliable, organic method of avoiding pregnancy. LAM offers breastfeeding women more than 98% protection from becoming pregnant provided the criteria are met.



For more information, please contact us at natural@catholiccare.org