



Breastfeeding and Family Planning

Your future is important! Family planning is a powerful way to protect your family. Research has shown, when pregnancies are planned:

- ✿ Women and their children stay healthier.
- ✿ Children and their parents get more education.
- ✿ Families have more money.
- ✿ Marriages are more likely to last.
- ✿ Violence among family members is less likely.
- ✿ Fathers are more likely to stay involved in their children's lives.

Congratulations for choosing to breastfeed your baby! You may have heard that some kinds of birth control can change how much breastmilk your body makes. We cannot tell you which kind of birth control to use, but the following facts will help you know your options so you and your doctor can choose which kind of birth control is best for you.

Lactational Amenorrhea Method

The lactation amenorrhea method (LAM) of birth control is a temporary form of natural family planning that can be used by women who have recently given birth and are breastfeeding.

To use LAM, you must be able to say yes to all four statements:

- ✿ You only breastfeed your baby. (You do not give your baby any other food, formula, or drinks.)
- ✿ You breastfeed your baby at least every four hours during the day, and every six hours at night — no exceptions.

- ✿ Your baby is less than 6 months old.
- ✿ You have not started your monthly period.

If you can say yes to all four statements, congratulations! You are using the LAM form of birth control. LAM is 98 percent effective when all four conditions exist. LAM is a temporary method of birth control because it does not work as well when you can no longer say yes to all four statements.

Questions About:

Family Planning?

Texas Department of Health Family Planning Division:
(512) 458-7796

Family Planning Clinic Locator:

<<http://www.dshs.state.tx.us/famplan/locator.shtm>>

Family Health Services Information and Referral Line:
1 (800) 422-2956

Local family-planning clinic: _____

Local health department: _____

Breastfeeding?

Breastfeeding Hotline 1 (800) 514-6667
WIC: 1 (800) 942-3678

Local WIC clinic: _____

Local lactation consultant: _____

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Kind of birth control	Number of women (out of 100) who get pregnant in one year using it the usual way	Is it safe while breast-feeding?	Does it protect against sexually transmitted infections?	Do you need to see a health-care provider to use it?
Lactational Amenorrhea Method (LAM) — breastfeeding	2 (if following directions carefully)	Yes!	No	No
Vasectomy — male sterilization	0	Yes	No	Yes
Female Sterilization — having the tubes tied	1	Yes	No	Yes
Depo-Provera — progestin (hormone) shot given every 3 months	1	Yes; may delay or prevent milk production if taken sooner than 6 weeks after childbirth	No	Yes
Intrauterine Device (IUD)	2	Yes	No	Yes
Minipill — progestin-only birth control pill	5	Yes; may delay or prevent milk production if taken sooner than 6 weeks after childbirth	No	Yes
Condoms	14	Yes	Yes	No
Withdrawal	19	Yes	No	No
Diaphragm — barrier that fits over the cervix	20	Yes	No	Yes
Female Condoms	21	Yes	Yes	No
Natural Family Planning — not having sex during fertile times	25	Yes	No	No
Spermicides — foam, film, jelly, suppositories	26	Yes	No	No
Cervical Cap — barrier that fits over the cervix	20 (women who have never been pregnant); 40 (women who have been pregnant before)	Yes	No	Yes
Lunelle — monthly shot of progestin and estrogen (hormones)	1	May delay or prevent milk production	No	Yes
The Ring — vaginal insert that releases progestin and estrogen	1–2	May delay or prevent milk production	No	Yes
The Patch — skin patch that releases progestin and estrogen	2	May delay or prevent milk production	No	Yes
The Pill — progestin and estrogen	3–5	May delay or prevent milk production	No	Yes
Emergency Contraception — IUD within 5 days after sex or pills with estrogen and progestin taken within 72 hours after sex; short-term method	1–2	Yes for IUD; pills may delay or prevent milk production	No	Yes