



Lactational Amenorrhea Method (LAM) Toolkit

K4Health eToolkits

K4Health eToolkits (www.k4health.org/toolkits) are collections of carefully selected information resources for health policy makers, program managers, and service providers. (See *more details, below.*)

Lactational Amenorrhea Method Toolkit

The Lactational Amenorrhea Method (LAM) is a modern, temporary contraceptive method based on natural infertility resulting from certain patterns of breastfeeding. All postpartum women who meet the following three criteria can use LAM:

1. Menstrual bleeding has not resumed; AND
2. The infant is fully or nearly fully breastfed frequently, day and night; AND
3. The infant is under six months of age.

The Lactational Amenorrhea Method (LAM) Toolkit (www.k4health.org/toolkits/lam) is designed to provide health policy makers, program managers, service providers, information officers, and others with evidence-based guidance for program planning, tools to implement programs, and other resources that can help expand or develop LAM service provision programs.

Resources include: advocacy materials; training materials for community-based, facility-based, and MCH programs; client and provider tools; IEC materials; program case studies; and monitoring and evaluation tools.

The Lactational Amenorrhea Method (LAM) Toolkit Partners

The Lactational Amenorrhea Method (LAM) Toolkit was developed by USAID's LAM Interagency Working Group with the goal of repositioning LAM as a viable family planning method for postpartum women and as a gateway to other modern methods. Some 21 international organizations helped select resources for the toolkits. K4Health invites users of the toolkit to provide feedback, suggest additional resources to fill information gaps, and share with other users how they have used or plan to use the toolkit. A built-in, moderated discussion board is provided for this purpose.



K4Health eToolkits (continued)

Partners with expertise and experience in the topic develop the toolkits collaboratively using a series of online features, including audio- and video-conferencing tools, text chatting, and a commenting feature that allows invited collaborators to provide comments about individual resources and toolkit sections. This participatory approach guarantees that the toolkits are of the highest quality. The continuous publishing principle on which toolkits are based allows them to evolve after publication to capture additional resources and to identify and fill remaining information gaps.

(To see a list of all K4Health eToolkits and those in production go to www.k4health.org/toolkits. If you, or your organization, would like to develop a toolkit not already on the list, please contact the k4Health eToolkits team at: Toolkits@k4health.org.)

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Advocacy & Policy

Up-to-date family planning and reproductive health (FP/RH) policies and guidelines can help policy makers, program managers, and health care providers provide counseling and contraceptives safely and effectively. The following includes the most recent international guidance from international and national documents (some with LAM-specific sections) that can help stakeholders to review, update, and disseminate LAM-related national policies and guidelines.

Have a suggested resource or comment about this section? Please visit our [discussion board](#).



[Consensus Statement on Rationale for Operationalizing LAM Criteria 2009](#)
LAM Working Group
• [LAM_Consensus_March2010.pdf](#)

TBD [\[read more >\]](#)

[Medical eligibility criteria for contraceptive use 2009](#)
World Health Organization
91 p
• [medical_eligibility.pdf](#)

One of the World Health Organization's Four Cornerstones of Family Planning Guidance, this document includes LAM as an effective method of family planning. The document reviews the medical eligibility criteria for use of contraception, offering guidance on the safety of use of different methods for women and men with specific characteristics or known medical conditions. The recommendations are based on systematic reviews of available clinical and epidemiological research. [\[read more >\]](#)

Advocacy & Policy

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IEC Tools

The IEC Tools section contains provider job aids, client cards, and behavior change communication materials in order to ensure that providers and clients accurately understand information about the method.

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IEC Tools

Correct LAM use depends on the accurate understanding of providers and clients. This section provides IEC tools including:

- Provider job aids
- Client cards
- Behavior change communication materials



Provider Job Aids

[Counseling Guide for Teaching Women How to Use LAM 2009](#)
Institute for Reproductive Health at Georgetown University
English [\[icon\]](#)
Hindi [\[icon\]](#)
French [\[icon\]](#)
Spanish [\[icon\]](#)
Portuguese [\[icon\]](#)

Two-page job aid, been designed for clinic level providers to assist them in teaching breastfeeding women how to use LAM as a family planning method. [\[read more >\]](#)

[CHW Postpartum Family Planning Counseling Flip Chart \(Afghanistan\) 2009](#)
No Date
Health Services Support Project (HSSP)
Flip Chart [\[icon\]](#)