



BREASTFEEDING AND FERTILITY

WORLDWIDE: LACTATIONAL INFERTILITY* CONTRIBUTES AS MUCH, OR MORE, TO BIRTH SPACING AS ALL CONTRACEPTIVE USE COMBINED at the population level.

*i.e., the delay in fertility return postpartum that occurs with breastfeeding

DOES THIS HELP THE INDIVIDUAL WOMAN?

Yes - Lactational Amenorrhea Method (LAM) is a RELIABLE form of contraception based on breastfeeding physiology and is promoted and practiced in at least 40 countries.

LAM IS AS EFFECTIVE AS MOST MODERN CONTRACEPTIVES

It includes three criteria:


1.
AMENORRHEA

2.
FULL BREASTFEEDING,
DAY AND NIGHT

3.
FOR UP TO 6 MONTHS,
WHEN COMPLEMENTARY
FEEDING BEGINS*

*Another method must be introduced when any of the 3 conditions change so it is important that the individual have another contraceptive method on hand.

WHAT DOES THIS MEAN FOR the International Conference on Population and Development? (ICPD)

 At the ICPD in Cairo, the concept of breastfeeding and its impact on global fertility and LAM were accepted, but omitted from final version, which only acknowledges breastfeeding for nutrition and health.

 It is time for ICPD to recognize the importance of supporting breastfeeding for its impact on FERTILITY as well as for its impact on maternal and child health.

Recommendations from the United Nations Breastfeeding Advocacy Team (UNBAT)

 **INCLUDE SUPPORT FOR WOMEN TO SUCCEED IN BREASTFEEDING IN THE DISCUSSIONS AND OUTCOMES AT ICPD FOR ITS IMPACT ON FERTILITY!!**



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