

Activity 2: Fertility and Breastfeeding

Question 1

The Lactational Amenorrhea Method (LAM) of Natural Family Planning (NFP) relies on three criteria being met. These are:

- A. Mother has had no bleeding since lochia stopped and the baby is exclusively breastfed
- B. Baby is exclusively breastfed
- C. Baby is exclusively breastfed and under six months of age.
- D. Baby is under six months of age, mother has not had any bleeding past 8 weeks post partum, baby is exclusively breastfed

Question 2

How effective is the LAM method?

- A. 100%
- B. 50%
- C. 85%
- D. At least 98%

Question 3

Other factors also play a part in the return of fertility to breastfeeding mothers. These include:

- A. Baby led feeding vs demand feeding
- B. Pacifier use
- C. Discontinuation of night feeds
- D. Introduction of other foods or fluids, rate and volume
- E. All of the above

Question 4

Once periods return, can LAM continue to be used?

- A. Yes
- B. No

Question 5

When periods return, how long does it take for fertility to return?

- A. It returns straight away
- B. After a full cycle and a new period has started
- C. 3 cycles
- D. 3-6 cycles

Question 6

Common characteristics of initial cycles once periods have returned are:

- A. Long cycles
- B. Short cycles
- C. Anovulatory cycles
- D. Luteal phase insufficiency
- E. All of the above

Question 7

What contraceptive method is the only method that supports optimal breastfeeding practices?

- A. Condoms
- B. Diaphragms
- C. IUD
- D. LAM

Question 8

What is the average age of a baby (who was exclusively breastfed to six months) when his or her mother has her first period post partum?

- A. 12 - 18 months
- B. 8-9 months
- C. 7 months
- D. 6 months

Question 9

How many steps are there in Successful Breastfeeding according to WHO and UNICEF?

- A. 5
- B. 10
- C. 12

Question 10

Can a woman who is combining breastfeeding with formula feeding use natural family planning methods?

- A. Yes
- B. No