

Lactational Amenorrhea Method (LAM)

To use this method of birth control, talk with your doctor, midwife or Public Health Nurse. LAM can work if:

- you are fully breastfeeding. This means no supplements and frequent feedings.
- you haven't had your first period
- your baby is less than six months old

Sometimes, sex can lead to diseases

Condoms are the only method of birth control that will also protect you against Sexually Transmitted Infections (STIs), including HIV. If you use condoms, make sure they are not lubricated with spermicide. Spermicide can irritate your vagina so soon after childbirth.

Look after yourself.

- Nap when the baby sleeps.
- Eat well.
- Try to find some time for yourself.
- Try to find some time for your partner.
- Keep your appointment for the six-week check-up.

Caring for yourself is part of being a good mom.

If you don't feel OK because you're:

- crying for no obvious reason
- getting panic attacks
- wanting to be alone all the time
- having scary thoughts or fantasies

you need to talk with a health care professional.

*So **is** there sex after baby? Sure!*

Just remember to:

- Talk.
- Plan ahead.
- Use lubricant.
- Use some form of protection.
- Enjoy!

Here are some helpful phone numbers:

For your health or the baby's health, call:
Toronto Health Connection
416-338-7600

For sexuality information, including the location of your local Sexual Health Clinic, call:
AIDS and Sexual Health Infoline
416-392-2437

For help with abuse, call:
Assaulted Women's Helpline
416-863-0511

Is there SEX after baby? yes...and no



*Sexuality is more than sex.
It's about how you look
and feel, as well as
what you do.*

After you have a baby, it takes time to get comfortable – both with your new self and with your partner (if you have one).

*Here are the
new facts of life.
Some of them
are not very sexy.*

- You may bleed for up to six weeks.
- You may be sore, especially if you have had stitches.
- Your vagina may be dry, especially if you're breastfeeding. You may also leak milk.
- You may be frustrated with how long it's taking to get your body back to "normal".
- You may be worried about getting pregnant again too soon.
- You are probably REALLY, REALLY TIRED!
- Your desire to have sex may be very low. On the other hand...



*Here are some things
you may want to do:*

- Show your partner you still care – with kisses and caresses.
- Be clear about what you feel like doing and what you don't feel ready to do.
- If you are not ready to have vaginal intercourse, you can use your hands or your mouth to bring your partner to orgasm. Anyway, you have to wait until the bleeding stops before having intercourse. Some doctors prefer that you wait until your next check-up.

*If you feel ready
to have intercourse:*

- Take your time. If the bleeding has stopped and you are not sore, you can start having sex again – v-e-r-y slowly.
- Use a finger in the vagina first to see how that feels.
- Use plenty of water-based lubricant.
- Talk to each other about how you are doing.
- Try different positions to see what feels more comfortable.
- If it hurts, stop. You'll try again another time.



If you have had a Caesarian section (C-section), remember:

- This is major surgery.
- Talk with your doctor about intercourse at your six-week check-up.
- Be careful of your stitches.
- Avoid putting pressure on your stomach.
- Go slowly – avoid really active sex.

Sex can make babies

Are you ready for your next baby? No?!!

It's better to take some time before having another baby. This gives your body a chance to heal and your baby a chance to grow. So if you have vaginal intercourse, you need to use a method of birth control that works. Why? Because some women can get pregnant again as early as six weeks after birth. For breastfeeding women, it may take a little longer.

You can go back to your old method of birth control, or find a new one. Talk with your doctor, Public Health Nurse or visit a Sexual Health Clinic to find the method that is best for you.