

**WOMEN'S HEALTHCARE THROUGH THE LIFE SPAN**

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**USING FERTILITY AWARENESS METHOD DURING NURSING YOUR BABY**

**NOTE:** Breastfeeding is not a sure birth control method. Mother Nature has her way of a natural birth control decreased sex drive for the first year after having a baby. It is vital that you be very alert to your body changes that will indicate return to fertility.

**FULL BREASTFEEDING METHOD:**

- Your breastfeeding every 2-4 hours for the first 6 months without any supplements
- Your baby is less than 6 months old
- Your periods must not have started during the first 6 months

**PARTIAL BREASTFEEDING METHOD:**

- Your breastfeeding greater than four hours apart
- You are giving your baby supplements regularly throughout the day
- Your periods have started and your cervical discharge has a ovulatory texture

**6 MONTHS POSTPARTUM**

- Breastfeeding first before giving supplements will help suppress ovulation

**NON-BREASTFEEDING:**

- Start charting your temperatures/discharge as early as 4 weeks post delivery
- Until your temperature shifts consider yourself in a pre-ovulatory state