

 USE ON A SCHEDULE

 HIDDEN

 NON-HORMONAL

BREASTFEEDING AS BIRTH CONTROL



HOW DO I USE IT?

Breastfeeding can be a temporary form of birth control for up to 6 months after giving birth or until your period comes back, whichever comes first. You need to breastfeed every 4-6 hours.



HOW EFFECTIVE IS IT?

Breastfeeding is 98% effective at preventing pregnancy when used according to guidelines. If you are menstruating, spotting, or more than 6 months postpartum, this method will not work.



WHAT I MIGHT LIKE...

- + You might like that it's hormone-free
- + You don't need a prescription or a procedure to use it
- + Breastfeeding has many health benefits for babies



WHAT I MIGHT DISLIKE...

- You need to exclusively breastfeed to use this method. Pumping and hand expression don't work to prevent pregnancy.
- You can only use this method for 6 months after giving birth or until your period comes back
- It takes time, scheduling, and practice
- You won't be protected from STIs



WANT TO LEARN MORE?



Visit upstream.org/birthcontrol