

# Return of Fertility After Childbirth



	<b>Exclusive breastfeeding</b>	<b>Breastfeeding for less than a month</b>	<b>No breastfeeding or Mixed breastfeeding</b> (liquids or solids added to feedings)
<b>Return of menstruation</b>	Before the end of breastfeeding or up to 6 weeks after the end of breastfeeding.	Most often around 6 to 7 weeks Exceptionally after 10 weeks	Usually between 6 and 10 weeks
<b>Assured Infertility</b>	For the <u>first 6 weeks</u>	For the <u>first 4 weeks</u>	For the <u>first 3 weeks</u>
<b>Highly probable infertility</b>	<p>If:</p> <ol style="list-style-type: none"> <li>1. Baby is <u>less than 6 months old</u>;</li> <li>2. <u>AND exclusively breastfed</u>, according to the 4/6 rule: <ul style="list-style-type: none"> <li>- No more than 4 hours between feedings during the day,</li> <li>- No more than 6 hours between feedings at night</li> </ul> </li> <li>3. <u>AND no bleeding since week 8</u>.</li> </ol> <p>These are the 3 basic criteria for the Lactational Amenorrhea Method. Consult with your Serena teacher for more information about these criteria and their exceptions.</p>		During <u>week 4</u>
<b>Possible return of fertility</b>	<p><u>As soon as:</u></p> <ol style="list-style-type: none"> <li>1. Baby starts to take dietary supplements (milk, juice, cereals, or other);</li> <li>2. <u>OR</u> there are more than 4 hours between feedings during the day or more than 6 hours at nighttime;</li> <li>3. <u>OR</u> the mother bleeds;</li> <li>4. <u>OR</u> the baby is 6 months old.</li> </ol> <p>When LAM criteria no longer apply, consult your Serena teacher</p>	From <u>week 5</u> even before the return of menstruation	<u>Exceptionally (0.2%) during week 4</u> , then increasingly likely even before the return of menstruation
<b>Beginning of Symptothermal Method charting</b>	Varies according to personal circumstances, and how long exclusive breastfeeding is practiced. Consult your Serena teacher	Recommended from <u>week 4</u> . Consult your Serena teacher	Recommended from <u>week 3</u> . Consult your Serena teacher
<b>Infertility after ovulation while breastfeeding (Phase C)</b>	<ul style="list-style-type: none"> <li>• Use either the breastfeeding or regular symptothermal charts.</li> <li>• The rules for chart interpretation while breastfeeding must be applied differently for the first few cycles.</li> <li>• Contact Serena for information that applies to your situation.</li> </ul>		

Please note that while observing signs such as cervical mucus can help predict the approach of ovulation, only the basal body temperature can confirm that ovulation has taken place.

Contact SERENA to obtain Symptothermal breastfeeding charts.  
[Serena.ca/contact](http://Serena.ca/contact) | (613) 728-6536 / 1-888-373-7362 | [sc@serena.ca](mailto:sc@serena.ca)

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