Have menses returned?  
- NO 
  - Have you begun regular supplementary feeding? 
    - NO 
      - Is the baby more than 6 months old? 
        - NO 
          - Begin age appropriate high quality complementary feedings 
        - YES 
          - YES 
            - It is time to begin use of an additional method to ensure the optimal 3+ years spacing needed for best maternal and child health and nutrition outcomes 
    - YES 
      - YES 
        - YES 
          - YOU MEET CRITERIA TO RELY ON LAM