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Emerging Social Issues Division
Social Policy and Population Section

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Article **Breast-feeding and Return to Fertility: Clinical Evidence from Pakistan, Philippines and Thailand**

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Abstract In the past decade, many studies on breast-feeding and the return of 'fertility' (fecundity) have been conducted. Three recent studies suggest that individual variations in the response to the breast-feeding stimulus make it difficult to predict when fertility will return if only one parameter is used as a predictor. The accumulated evidence suggests that during the first six months of unsupplemented breast-feeding, if the mother remains amenorrheic, then the breast-feeding stimulus is usually sufficient to postpone the recovery of fertility. Breast-feeding frequency alone is not a useful measure of the breast-feeding stimulus in terms of its ability to predict the return of menses or ovulation.

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