

What is Natural Family Planning?

Natural Family Planning (NFP) is fertility awareness. A couple can then use that knowledge to either postpone or to help achieve a pregnancy. Barring any problems, men are always fertile. Women go through phases of fertility and infertility. Modern methods of NFP teach you to identify these phases of fertility. When used correctly, NFP is 99% effective in postponing pregnancy.



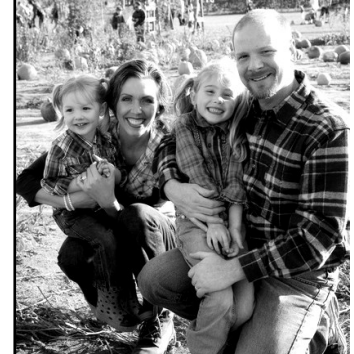
What are couples saying about NFP?

“We don’t just like natural family planning, we love it. It isn’t just achieving or avoiding pregnancy. It is really the way we live our life.”

“We like NFP because it’s medically safe, natural, and keeps us close to each other.”

“It’s because of Natural Family Planning that we’re having a baby. It was so important with the medical problems we had.”

Natural Family Planning



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Natural Family Planning is...

Safe and Healthy

NFP is healthy because it is 100% natural. A couple who uses NFP is not using any devices or taking any chemicals that alter a normal, functioning part of the body. NFP respects the human body and how it functions.

Effective

Contrary to popular belief, NFP is very effective—99 % effective at postponing pregnancy (*Human Reproduction, 2007*). Modern methods of NFP are not the same as the Rhythm Method. Modern NFP uses a woman's current observations of her cycle to determine fertility, unlike the Rhythm Method which only looks at a woman's cycle history.

Morally Acceptable

Because a couple using NFP is respecting God's plan for marriage, love and sexuality, it is in accordance with the teachings of the Catholic Church. When practicing NFP, a couple respects God's design for fertility, instead of trying to change it.

A Foundation for Better Marriages

Couples who use NFP have a divorce rate of less than 5% (Family of Americas Foundation). Couples who use NFP frequently report of increased intimacy, greater communication, and an improved sexual relationship.

Environmentally Friendly

NFP is green! It is 100% natural, which means there are no chemicals produced or waste products created.

Helpful to Couples with Low Fertility

Approximately 10-12% of American couples of reproductive age have problems achieving pregnancy when they want to (Daniluk, 2001). Because using NFP gives a couple greater awareness of their fertility, it can be very helpful for those who are having difficulty in conceiving a child.



NFP Methods in our Diocese

Creighton Model

This method looks at a woman's cervical mucus in order to determine whether she is fertile or infertile. You can find out more at: www.creightonmodel.com

Marquette Method

This method uses an electronic fertility monitor in addition to mucus signs to determine fertility. You can find out more at: nfp.marquette.edu

Sympto-Thermal Method

This method, as taught by the Couple to Couple League, is based on three key signs of fertility: cervical mucus, waking temperature, and cervix changes. You can find out more at: www.ccli.org

To locate a certified NFP instructor in your area, contact:

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