

## HOW DO WE LEARN NFP?

Most couples learn best by enrolling in a course of instruction offered by a teacher certified in an approved NFP method. Check the diocesan website, [familylife.colstdioc.org](http://familylife.colstdioc.org), for current class dates and locations offered by these approved NFP providers:

### **DIOCESAN MARRIAGE & FAMILY LIFE OFFICE:**

Classes are taught by diocesan-certified teachers in a four-session series which includes group instruction, private chart review, and individualized follow-up.

**COUPLE TO COUPLE LEAGUE:** Teaching couples instruct engaged and married couples privately or in small groups through a series of three classes spaced a month apart; optional classes for postpartum and premenopause times are available.

**CREIGHTON MODEL FERTILITYCARE®:** This method is often chosen by women with known gynecological or infertility issues. A group introductory session is followed by private individualized teaching sessions taught by allied health professionals.

**FAMILY OF THE AMERICAS FOUNDATION:** This simplified method of NFP uses color stickers to record fertility signs. Materials are available in several languages; instruction is offered in English or Spanish.

**FERTILITY EDUCATION & MEDICAL MANAGEMENT (FEMM):** FEMM teaches women to identify their hormonal biomarkers as signs of health and fertility. This method is not faith-based but is consistent with Catholic teaching.

## WHICH NFP METHOD IS “BEST?”

The best NFP method is the one that works for you! Although based upon the same reproductive science, NFP methods vary in which fertility signs are observed and how they are charted. NFP classes may be offered one-on-one or in group sessions, taught by a married couple or by a health professional. While each NFP method has its own particular strengths, with proper training and motivation all can be used successfully. Modern types of NFP have an effectiveness rate of 97-99% in postponing pregnancy. NFP is also highly effective at helping couples achieve pregnancy.

**For more information, assistance in choosing an NFP method, or to register for classes, contact:**



### CATHOLIC DIOCESE OF COLUMBUS MARRIAGE & FAMILY LIFE OFFICE

197 East Gay Street  
Columbus, OH 43215  
614-241-2560  
[familylife@colstdioc.org](mailto:familylife@colstdioc.org)



### CATHOLIC DIOCESE OF COLUMBUS MARRIAGE AND FAMILY LIFE

## NATURAL Family PLANNING



[FAMILYLIFE.COLSDIOC.ORG](http://FAMILYLIFE.COLSDIOC.ORG)

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## WHAT IS NATURAL FAMILY PLANNING?

**Natural Family Planning (NFP)** is a general term for methods of achieving or postponing pregnancy based upon observation of naturally occurring indicators of fertile and infertile times in a woman's menstrual cycle. NFP is a holistic approach to reproductive health and responsible parenthood.

### How Does NFP Work?

Cyclical changes in a woman's hormones cause observable changes in her body. With proper instruction, a couple learns to record these signs on a chart, recognize days of possible fertility, and then adapt their sexual behavior accordingly. A couple trying to achieve pregnancy will have sexual relations during their fertile times; to postpone pregnancy, a couple abstains during the fertile days.



## WHY NATURAL FAMILY PLANNING?



NFP is **healthy** and organic. No drugs, devices or surgical procedures are used to achieve or postpone pregnancy. NFP is safe for a woman, her unborn or nursing child, and her future fertility. NFP is also harmless to the natural environment.

NFP's **mutual** responsibility for family planning encourages communication and fosters respect, maturity, and generosity – qualities conducive to a long and healthy marriage.

NFP **respects** the dignity of the human person within the context of marriage and family life, promotes openness to life, and recognizes the value of the child.

NFP is as **effective** in postponing pregnancy as hormonal contraceptives; unlike contraceptives, NFP can also assist a couple in conceiving a child.

NFP **empowers** women with knowledge of their bodies. Couples gain awareness of their mutual fertility.

[FAMILYLIFE.COLSDIOC.ORG](http://FAMILYLIFE.COLSDIOC.ORG)

## WHAT IF I'M ON THE PILL FOR MEDICAL REASONS?

Unfortunately, many physicians often turn to the pill as a first option, rather than as a last resort. If your doctor has you on the pill for medical reasons, it would be important to receive a second opinion, preferably by a doctor trained in NaPro Technology (Natural Procreative Technology) through the Pope Paul VI Institute for the Study of Human Reproduction. NaPro trained physicians are often able to find alternatives to the pill, by addressing the root cause of the medical problem. The good news is, there are many medical alternatives available, and you owe it to yourself to explore these options.

To find a NaPro trained physician, visit [www.fertilitycare.org](http://www.fertilitycare.org). Look under "Find a Medical Consultant"

