

Advantages Of Natural Family Planning

- No harmful side effects
- Non-chemical, non-mechanical method which does not interfere with the sexual act
- Reliable and effective during all life cycles (breastfeeding, post-partum, pre-menopausal)
- Inexpensive
- May be used to achieve or avoid pregnancy
- Fosters self-knowledge
- Encourages couple communication because it is a shared responsibility

Challenges

- Requires patience and effort to learn. Instruction by a certified instructor is essential
- Requires more time to learn than other methods. However, once learned it takes less than 10 minutes daily
- Abstinence during fertile periods is absolutely necessary if pregnancy is to be avoided
- Like any method of family planning, it is effective only when used properly

*For more information on the
program please contact:*

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2019 NFP Introductory Sessions

March 2 – June 1 – September 21
St. Joseph Church – Bristol
10:00 a.m. to 12:00 p.m.
Call or email to register for a session.



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For the best in family planning...

Natural Family Planning

Safe...

Healthy...

Effective...



Office of Family Life

Archdiocese of Hartford

What is Natural Family Planning?

Natural family planning (NFP) refers to the practice of achieving or avoiding pregnancies according to an informed awareness of a woman's fertility.

With the couples' knowledge of the woman's natural cycles it has also become a means of monitoring gynecological health.

How does it work?

It is scientifically established that during each menstrual cycle a woman normally becomes fertile and then naturally infertile. As a woman goes through changes in her fertility, physical changes occur as well. These physical signs include changes in vaginal secretions from the cervix and changes in normal body temperature. Through NFP, couples learn how to interpret one or both of these signs and use this information to plan or avoid pregnancy.

Couples who wish to avoid pregnancy would postpone intercourse during the fertile time. For those who wish to achieve a pregnancy, the times of greatest fertility are identified.

Is this the same as Rhythm?

Absolutely not! The rhythm method tries to predict ovulation by using the calendar. If a woman has an irregular cycle, it is virtually impossible to use the rhythm method to predict with accuracy when she is fertile.

Can NFP work with irregular cycles?

Yes. Modern NFP assumes that every woman is irregular at least some of the time. In general, if her fertile time comes earlier or later than usual, she knows about it because of certain physical signs that she has learned to identify.

NFP can be used at any stage of a woman's reproductive life and can be used by women with irregular cycles, women who are breastfeeding, and women in pre-menopausal years.

How effective is NFP in avoiding pregnancy?

Numerous studies, including one by the U.S. government, have shown that NFP can be used at the 98-99 level of effectiveness for avoiding pregnancy. The guidelines for using the method must be taught by a certified instructor, and correctly followed by the user to achieve these high levels of effectiveness.

Can NFP help ACHIEVE pregnancy?

Yes. With NFP you will become aware of the most fertile days in your overall fertile time, and you will learn how to maximize your mutual fertility. Many couples of marginal fertility are helped by NFP training to achieve much wanted pregnancies, and the charts of those who may need medical help can assist the knowledgeable physician.

Are there other advantages to NFP?

The beauty of NFP is that it cooperates with the natural reproductive process. No artificial devices or chemicals are used.

Women who use NFP become more knowledgeable about their own body. Because they are so aware of their menstrual cycle, it is easier for them to identify indicators of possible problems and seek early medical evaluation and treatment. This awareness is helpful for women experiencing premenstrual syndrome (PMS), pre-menopause or infertility.

Many couples experience an increased level of communication in their relationship as a result of using NFP. Using NFP can develop and enhance all dimensions of sexuality: physical, intellectual, emotional and spiritual.

NFP is morally acceptable in all major religions including the Catholic Church.

