

NFP Instruction

St. Agnes Hospital Baltimore
Visit maternity center at www.stagnes.org
www.stagnes.org/svc_womens_education.htm
866-690-9355

Lucille Marlatt Catonsville
410-788-2714
elmarlatt@comcast.net

Tom & Patti Strunck Catonsville
410-696-2269
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Mark & Kathy Schmidt Clarksville
410-747-5611
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Ray & Mary Tansill Jessup
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Alice Harris Severna Park
410-544-2895

Sara Peterson Harford County
410-612-9117

Ronald & Beatriz McNamara Annapolis
410-757-8349
mcnamarafamily@cclcentralmd.org

Home Correspondence Course
Couple to Couple League
English & Spanish
800-745-8252
www.ccli.org

NFP Instruction

Marilyn Camden Harford County
410-838-6514

Christine & Michael Wallace Westminster
410-833-9287
wallacefamily@cclcentralmd.org

Julie Tomko North Baltimore County
Creighton Model
410-665-8826
JtomkoNFP@aol.com

Family of the Americas NFP
<http://www.familyplanning.net/>
Resources in English and Spanish

For assistance, please contact

Mrs. Lauri Przybysz
Coordinator
Marriage and Family Enrichment
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Archdiocese of Baltimore
Evangelization and Catechesis
Marriage and Family Enrichment
320 Cathedral Street
Baltimore MD 21201

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NATURAL FAMILY PLANNING - *NFP*



*Cooperating
with God
in Creation*

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Natural Family Planning

NFP



Natural family planning, or periodic continence, is the practice of achieving or avoiding pregnancy through an informed awareness of the fertile and infertile phases of the woman's cycle. When pregnancy is to be avoided, abstinence is used during the fertile time.

HOW NFP WORKS

During each cycle, a woman naturally becomes fertile as ovulation approaches, then infertile. The male, on the other hand, is always fertile. The woman's body gives signs that indicate whether she is fertile or infertile. The primary signs for her are changes in the cervical mucus secretions before ovulation, and the rise in basal body temperature after ovulation.

Couples can learn to observe and record these signs and use the information for family planning purposes.

THE EFFECTIVENESS OF NFP

A couple's motivation determines how effective NFP will be in helping them to avoid pregnancy, if that is their intention.

Studies have shown that NFP is at least as good as the barrier methods, (condom, diaphragm, etc.) and can be as effective as the pill when used by motivated couples.

Natural Family Planning

Successful use of natural family planning is dependent on instruction and follow-up by trained instructors. After the initial instruction, a couple will be asked to participate in follow-up to insure their proper understanding of the methods.

THE OVULATION METHODS

BILLINGS OVULATION METHOD

The Billings Ovulation Method teaches a woman to observe her cervical mucus that changes in consistency and sensation several days before ovulation occurs. The mucus changes again around ovulation, so the woman can identify her fertile and infertile time.

www.woomb.org

CREIGHTON METHOD

The Creighton Method employs observations of these and other physical changes during the woman's monthly cycle, within a total program of women's health care.

www.creightonmodel.com

THE SYMPTO-THERMAL METHOD

The Sympto-Thermal Method combines the mucus and temperature methods, along with observations of other fertility signs such as changes in the cervix, abdominal pain, and spotting.

A woman's resting temperature changes throughout her menstrual cycle, remaining lower in the time before ovulation, then rising and remaining elevated after ovulation has occurred. Daily temperature readings can confirm that ovulation has occurred.

The **Couple to Couple League** and **St. Agnes Hospital** teach the Sympto-Thermal Method.

www.ccli.org

USE OF THE METHODS

For a couple to use any NFP method successfully, the couple should attend classes together and learn to chart and interpret the woman's cycle.

Because of the need for abstinence when avoiding pregnancy, the cooperation and support of the man is essential. NFP is the only method of family planning that shares the responsibility equally between the husband and wife.

Research and development continues in natural methods of fertility awareness and family planning.

For more information, contact
USCCB Pro-Life Office

<http://www.usccb.org/prolife/issues/nfp/index.htm>

HOW CAN NFP AFFECT MARRIAGE

Couples rarely begin to practice natural family planning out of a desire to improve their marital relationship. However, if they are going to practice NFP harmoniously, they soon find that they have to communicate more fully with each other and practice abstinence creatively.

They do not ignore each other at times when they choose to avoid intercourse; rather, they develop alternative and non-genital ways of expressing their love and affection.

As a result, couples have reported either a positive gain or no detriment in their marital relationship, although they had no such expectation when they made the decision to use only the natural methods of family planning.

In addition, the use of natural methods of family planning helps develop the same character strengths that are necessary for marital fidelity and life-long marriages.