

Healthy Approach for Married Couples in Planning Their Families

Natural Family Planning (NFP) is an umbrella term for natural methods used to achieve and avoid pregnancies. NFP reflects the dignity of the human person within the context of marriage and family life. It respects the love-giving and life-giving natures of marriage. Natural Family Planning promotes an openness to life and recognizes the value of the child, as a couple respects their combined fertility. While abstinence is required if there are reasons for postponing pregnancy, this mutual cooperation and communication between spouses strengthens and builds the marital bond. Natural Family Planning isn't just for Catholics as it is acceptable to all religious faiths.

What is NFP specifically?

- Daily observations by the woman of her God-given biological signs.
- Knowledge and understanding of our natural fertility and infertility.
- It is the acceptance and respect for our combined fertility as a couple.
- Can be used to achieve or postpone pregnancy.
- Can be used throughout a woman's reproductive life.
- Requires no prescriptions, devices, or surgical procedures to avoid pregnancy.
- Periodic abstinence is required if postponing pregnancy

What is NFP NOT?

- Natural Family Planning is NOT the Rhythm Method
- It is not just for Catholics

How does NFP work?

- Based on a woman's patterns of fertility and infertility
- A woman learns to observe and record her own natural signs of fertility and infertility
- A woman learns to recognize when she is no longer fertile in the cycle
- The couple learns to respect their combined fertility

Who can use NFP?

- Couples who want to share the responsibility for planning their family
- Couples who are postponing pregnancy
- Couples who are trying to achieve a pregnancy
- Women who want to understand their monthly cycle
- Women during all phases of their reproductive life: typical, long, or short cycles, after childbirth, after discontinuation of hormonal contraception, while breastfeeding, and during premenopause

Is NFP reliable and effective?

- 99% effective if the principles are followed
- Can be used for regular or irregular cycles, short or long cycles

How does NFP promote wellness?

- Nothing artificial so there are no side effects
- Free from all risks of contraception
- No drugs, devices, chemicals or surgical procedures to alter your reproductive system

Benefits of using NFP:

- Low cost
- No harmful side effects - doesn't require drugs, devices or surgical procedures
- Highly effective in achieving, spacing or avoiding pregnancy
- Can be used throughout a woman's reproductive life whether she has regular or irregular cycles
- Can be used in special circumstances – post-partum, breastfeeding, and premenopausal
- Marriage communication and mutual understanding
- Appreciation for the value of children
- Fosters respect for and acceptance of the total person
- Morally acceptable
- Knowledge and understanding of natural fertility and infertility
- Only a 2% Divorce rate among couples who use a natural method for family planning
- Respects the love-giving and life-giving natures of marriage

How can a couple learn more?

- **Jackson Area:** Contact Debbie Tubertini at 601.607.3073. Debbie is a certified instructor in the Billings Ovulation Method. Classes are held at St. Richard Catholic Church in the Mercy Room typically once a month. Due to holidays and schedules the class dates may vary, please check the website www.saintrichard.com to verify dates.
 - For additional Information on the Billings Ovulation Method www.boma-usa.com