

# NATURAL FAMILY PLANNING (NFP)

*NFP is the term given to methods for planning and preventing pregnancies by observation of the naturally occurring signs and symptoms of the fertile and infertile phases of the menstrual cycle, with avoidance of intercourse during the fertile phase if pregnancy is to be avoided.*

- WORLD HEALTH ORGANISATION 1982

## HOW TO LEARN

Accredited educators provide professional instruction to couples. They provide regular support, especially during the learning phase so as the method chosen can be used effectively to achieve the desired goals.

## WHERE TO LEARN

Confidential day/evening appointments for you and your Fiancé/Spouse are available through Natural Fertility Services, Diocese of Parramatta.

✉ [nfs@parracatholic.org](mailto:nfs@parracatholic.org)

☎ 0400 427 605

See website for details

🌐 [parralmf.org.au/nfs](http://parralmf.org.au/nfs)



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To obtain more copies of  
this brochure, please contact

☎ 02 8838 3460

☎ 0400 427 605

✉ [nfs@parracatholic.org](mailto:nfs@parracatholic.org)

To view other ParraLMF brochure topics,  
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🌐 [parralmf.org.au](http://parralmf.org.au)

THE NATURAL FERTILITY SERVICES  
PROGRAMS HAVE BEEN APPROVED BY  
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🌐 [parracatholic.org](http://parracatholic.org)



# NATURAL FERTILITY METHODS

BILLINGS OVULATION METHOD®  
THE SYMPTO-THERMAL METHOD  
CREIGHTON MODEL FERTILITYCARE SYSTEM™

NATURAL FERTILITY SERVICES



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## NATURAL FERTILITY AWARENESS METHODS ARE FOR:

- Married couples wanting to learn about their fertility and plan their families (to achieve or space pregnancies).
- Married couples wishing to discontinue contraception.
- Married couples having difficulties achieving a pregnancy.
- Women wanting to track their fertility or to treat reproductive problems.
- Breastfeeding mothers.
- Peri-menopausal women.
- Engaged couples seeking fertility awareness in preparation for their marriage.

## WHY CHOOSE NATURAL FERTILITY AWARENESS METHODS?

- Chemical free
- Free from artificial hormones
- Couples share responsibility of fertility
- Respects life
- Increases couple communication
- >99.5% method effective (no method of family planning is 100% effective)
- Helps lead couples to restorative medicine for infertility and reproductive issues



## BILLINGS OVULATION METHOD®

Used by millions of women around the world and successfully trialled by the World Health Organisation:

- It is a natural method where a couple are taught to recognise both the fertile patterns of cervical mucus and the infertile patterns of discharge which is unique to the Billings Ovulation Method.
- Can be used to assist in achieving or postponing a pregnancy. It helps you safeguard your reproductive health.
- It is reliable and able to be used throughout the woman's reproductive life.

\* If your chart does not reflect a normal ovulatory pattern for your life stage, your teacher will give you a referral back to your doctor for further investigation.

## THE SYMPTO-THERMAL METHOD

Relies on couples observing a number of signs of ovulation (multi-indicator approach):

- Cervical mucus indicating ovulation.
- Body temperature shifts after ovulation.
- Other useful indicators of fertility that are individual to each woman.

\* Educators are members of the Australian Council of Natural Family Planning.

ALL METHODS REQUIRE COUPLES TO CHART THEIR SYMPTOMS DAILY. YOUR EDUCATOR WILL HELP YOU INTERPRET YOUR CHARTS AT YOUR FOLLOW-UP APPOINTMENTS.

## CREIGHTON MODEL FERTILITYCARE SYSTEM™

Practitioners teach couples to observe cervical mucus to determine their time of fertility & infertility:

- Observe and record their mucus using a standardised system.
- This system monitors/detects reproductive disorders e.g. PCOS, PMS and infertility.
- Used in conjunction with NaPro (Natural Procreative) Technology for treatment of reproductive disorders and infertility. NaPro GPs aim to investigate and restore reproductive health.

\* Comparable success rates to IVF for treating infertility.