

TESTIMONIAL

My husband and I have used Natural Family Planning (NFP) during our 10 years of marriage. We have found the method a reliable and healthy way to plan our family, including the spacing of our children.

The method doesn't involve any drugs or devices. Instead, my husband and I have been taught to identify the natural signs and symptoms of my ovulation – and we make decisions based on this knowledge of our joint fertility.

I have found NFP to be easy to use, and I love that it emphasises couple responsibility and joint decision making.

Our marriage is also stronger as NFP encourages ongoing communication, tenderness and an acknowledgement of God's design and plan for marriage.

- MARRIED COUPLE IN THEIR 30'S



Australian Council of
Natural Family Planning

NATURAL FERTILITY SERVICES PARRAMATTA
IS AFFILIATED WITH THE AUSTRALIAN
COUNCIL OF NATURAL FAMILY PLANNING
INCORPORATED (ACNFP)

acnfp.com.au

OUR EDUCATORS ARE ACCREDITED WITH
ACNFP AND UPDATE THEIR SKILLS REGULARLY
TO MAINTAIN ACCREDITATION.



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PARRAMATTA

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appointments please contact

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THE NATURAL FERTILITY SERVICES
PROGRAMS HAVE BEEN APPROVED BY
THE DIOCESE OF PARRAMATTA.

parracatholic.org



THE SYMPTO-THERMAL METHOD (STM) OF NATURAL FAMILY PLANNING

NATURAL FERTILITY SERVICES



DIOCESE of PARRAMATTA



FERTILITY AWARENESS/ NATURAL FAMILY PLANNING (NFP) IS AN EFFECTIVE, HEALTHY AND MODERN APPROACH TO MANAGING YOUR FERTILITY.

Modern methods of Natural Family Planning such as The Sympto-Thermal Method are as effective as the oral contraceptive pill.

99.6% effective in postponing pregnancy when well taught to motivated couples.

**IT IS WORTH REMEMBERING THAT
NO METHOD OF FAMILY PLANNING IS
100% EFFECTIVE.**

THE SYMPTO-THERMAL METHOD RELIES ON COUPLES LEARNING TO OBSERVE A NUMBER OF SIGNS OF OVULATION:

- Cervical Mucus leading up to ovulation
- Temperature shift after ovulation
- Other useful indicators of fertility that vary in each woman

Using more than one indicator allows a woman to more accurately and objectively identify her fertile time.

NATURAL FAMILY PLANNING

- Identifies the fertile time of a woman's cycle. This helps couples decide the time when pregnancy is likely to occur.
- Is effective in a variety of situations
 - » Avoiding pregnancy
 - » Seeking help achieving pregnancy
 - » Spacing children
 - » Those with varied cycle lengths
 - » Discontinuing contraception including hormonal contraceptives such as the Pill and Implanon
 - » Breastfeeding and weaning women (we teach the Lactation Amenorrhea Method LAM)
 - » Peri-menopausal women

HOW TO LEARN THE SYMPTO-THERMAL METHOD

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

WHERE TO LEARN

Confidential day/evening appointments are available through Natural Fertility Services, Diocese of Parramatta.

THE SYMPTO-THERMAL METHOD

- Is a healthy choice
- Is drug and device free
- Enables couples to work in harmony with their combined fertility rather than contracept it
- Is empowering by giving knowledge of how the body functions
- Can be used for the couple's entire reproductive life
- Respects life and is in keeping with religious beliefs
- Encourages couples to communicate and develop a mutual understanding of their reproductive capabilities