



Natural Family Planning Choosing A Method



Natural Family Planning is a term used for identifying some methods of achieving or avoiding pregnancies. It is based on naturally occurring signs and symptoms women experience. Natural family planning helps couples to enrich the bond between husband and wife.

Natural methods tend to be divided into two categories: **Ovulation method (OM)** and **Sympto-Thermal method (STM)**. Ovulation methods rely on the presence of cervical mucus (observed by paying attention to the sensation and the visual aspects) in order to identify fertility and infertility while sympto-thermal methods add temperature. What works well for one individual may not work well for another. Visit the websites below to find out which method best fits your lifestyle as husband and wife. Call our office for a current list of NFP instructors in our area.

Ovulation Method (OM)

Billings Ovulation Method

This website gives contact information for trained Billings Method teachers in the U.S. along with method-related resources, teacher trainings and conferences. BOMA-USA is the U.S.—delegate office of WOOMB which is the world headquarters based in Australia.
www.boma-usa.org or www.woomb.org

Creighton Model FertilityCare™ System

The Pope Paul VI Institute encourages participants to attend trainings to learn more about the Creighton Model FertilityCare™ System. This model is also offered through the FertilityCare Center of America's website.

www.creightonmodel.com or www.fertilitycare.org

Family of the Americas

Nature's Method interactive CD-ROM and the *Love and Fertility* book. This book is a beautifully illustrated full color book that introduces the Ovulation Method of Natural Family Planning in an easy to understand format. Provides practical information along with the latest scientific research and statistical evaluations from around the world. Includes the six month charting kit. Also available in Spanish and many other languages.

www.familyplanning.net

Marquette Model (Marquette University)

This very informative site includes an instruction manual, online tracking chart, downloadable forms, forums and answers to many questions about NFP. This method is a hybrid protocol which involves a monitor and strips.

<http://nfp.marquette.edu/>

The Ovulation Method

A free online video is available for viewing. It teaches the ovulation method and is also for sale on DVD for \$1. Free downloadable tracking charts are available.

www.ovulationmethod.org

Sympto-Thermal Method (STM)

Couple to Couple League

Learn NFP through CCL classes or the CCL Home Study Course. CCL sells fertility charting software, CyclePRO®. With membership, couples receive the *Family Foundations* magazine. This site also offers trainings for couples interested in becoming a CCL Teaching couple or Promoter.

www.ccli.org

Northwest Family Services

Offers an online NFP course for \$100. This includes regular follow-ups with certified NFP instructors from Northwest Family Services.

www.nwfs.org/nfp.htm

NFP and more

This site offers an in depth manual by John & Sheila Kippley, *Natural Family Planning: The Complete Approach*. Many interesting articles, resources and downloadable forms are also available.

www.nfpandmore.org

General NFP

One More Soul

This site focuses on fostering God's plan for love, marriage, and procreation. Audio clips and interesting information about NFP is available. Informative topics are available to engaged, newly married and married for years couples.

www.omsoul.com

Diocesan Development Program for NFP, USCCB

The USCCB has many articles, documents, links and resources available about NFP. Excerpts from Church documents include chastity, children as gifts, conjugal love, contraception/sterilization & abortion, family, human sexuality, life as a gift from God, marriage as a sacrament and many other articles.

www.usccb.org/prolife/issues/nfp

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(985) 850-3129