



# **Living With the Gift of your Fertility Through Natural Family Planning**

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**What do you think of when you hear the term Natural Family Planning?**





**What do you hope for in your marriage?**





# Objectives of Presentation

- Discuss the marital and spiritual dynamics in a Christian marriage
- Define Natural Family Planning (NFP)
- Describe how NFP works
- Discuss the benefits of using NFP for marital life



# Challenges of Living With Your Fertility





# God's Plan for Marriage

- Permanent, faithful, exclusive relationship between husband and wife
- Directed towards mutual sanctification, unity, parenthood, and harmony of life



# Act of Sexual Intercourse

- Is part of God's design
- Inseparable connection between the two meanings of the act of intercourse
  - The love giving (unitive)
  - The life giving (procreative)



# Marital Act - Conjugal Act

- Fully Human
- Total
- Faithful
- Fruitful





# Purpose of Marital Act

- Marital act is noble and worthy
- Not every conjugal act is followed by a new life
- Each and every act must be open to the transmission of life



# Harmful Ways of Regulating Births

- Contraception
- Directly willed and procured abortion
- Sterilization





# Right Way of Regulating Births with NFP

- For serious reasons couples may use NFP to space out births
- Differences between NFP & Contraception
  - a. NFP = learning to understand and live with your and your spouse's fertility
  - b. Contraception = impede, suppress, or destroy fertility

# Benefits of Conjugal Chastity



- Fully develop personality
- Serenity and peace
- Facilitates solution of related problems
- Favors attention for one's partner
- Drives out selfishness



# Definition of NFP

- Methods of **monitoring and interpreting natural biological markers** of fertility
- To help determine the **fertile and infertile times** of a woman's menstrual cycle
- Information can be used **to achieve or avoid** pregnancy





## NFP Also Means:

- **Abstaining from intercourse** and genital activity during fertile time of cycle if avoiding pregnancy
- **Developing non-genital ways** of expressing intimacy during the fertile times
- **Not using any artificial means** to interfere with fertility
- **Openness to life**



# **METHODS OF NFP**

- **CALENDAR/RHYTHM**
- **BASAL BODY TEMPERATURE**
- **OVULATION METHOD**
- **SYMPTO-THERMAL**
- **HORMONAL MONITORING**



**So – How Does NFP Work?**

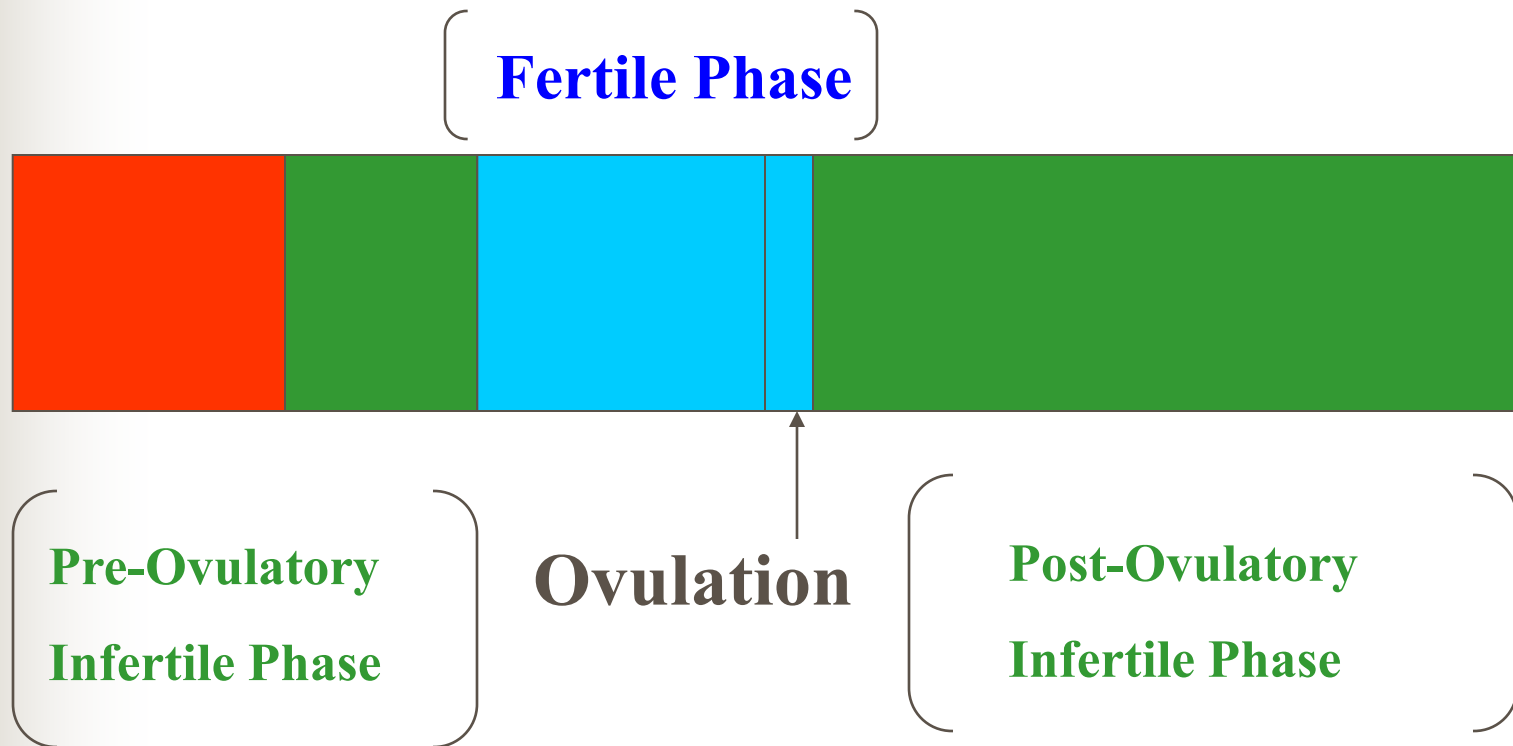




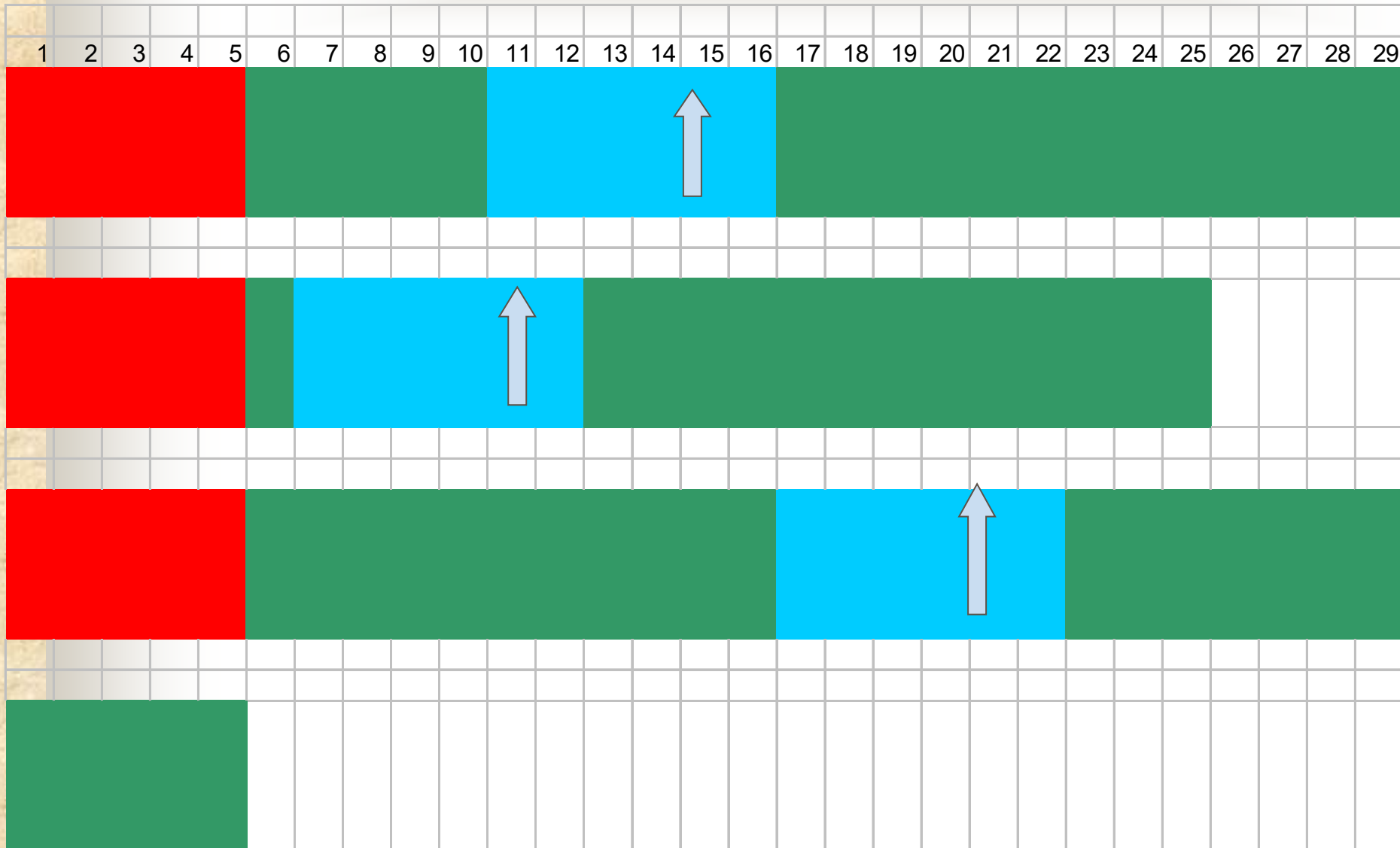
# **Six Day Fertile Window**

- **A man and woman together are fertile for only 6 days.**
- **The day of ovulation when a egg is released.**
- **And the 5 days before ovulation!**

# Phases of the Menstrual Cycle



# Variability of the Cycle







# NATURAL BIOLOGICAL SIGNS OF FERTILITY

- Calendar **Formulas**
- Changes in **Resting Body Temp**
- Changes in **Cervical Mucus**
- Changes in **Female Hormones**

# Mucus Cycle

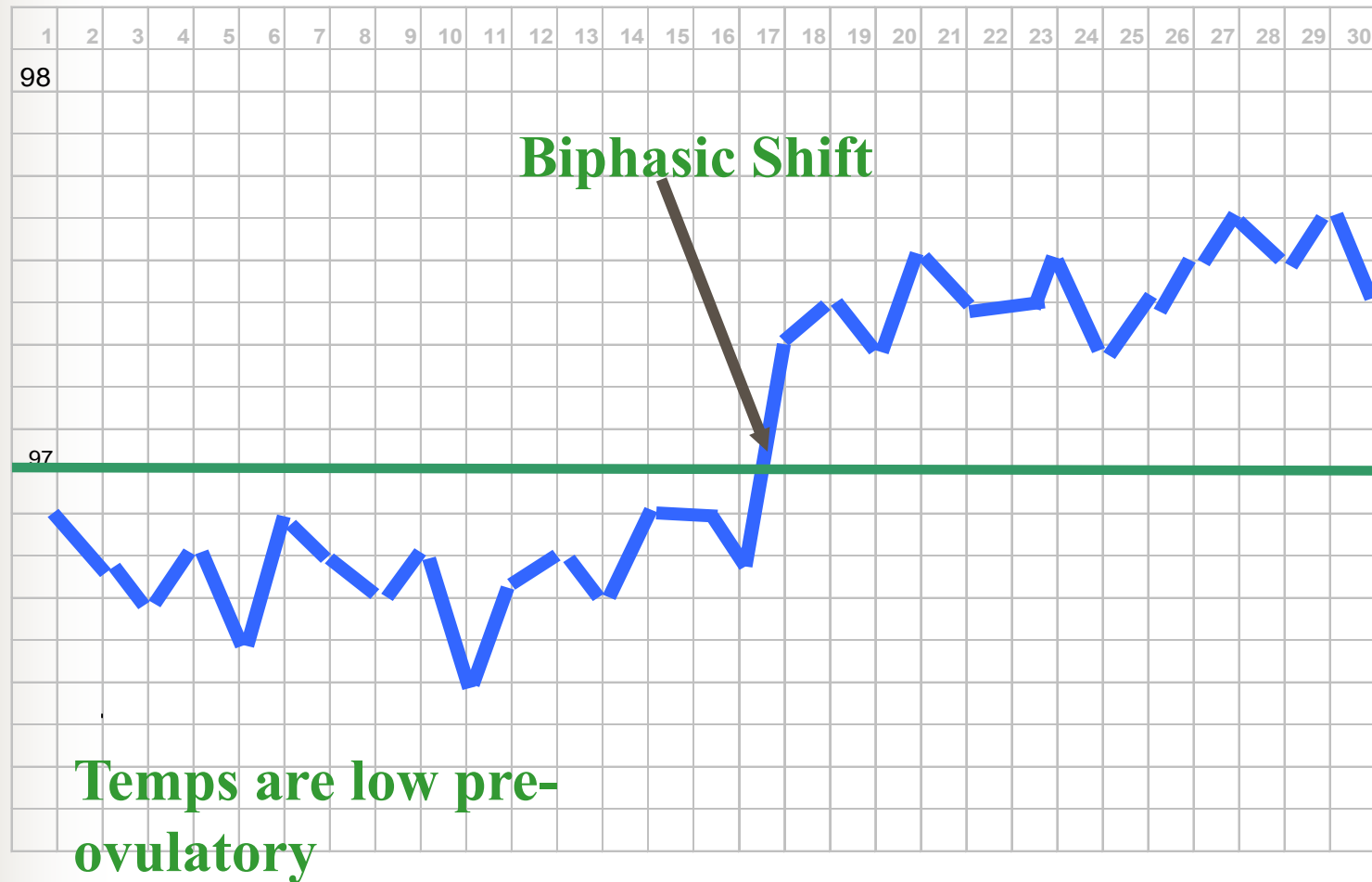


**Beginning**

**Peak**

**End**

# The BBT Chart



# Clearblue Fertility Monitor



- Low Fertility
- High Fertility
- Peak Fertility





# Basic Instructions for Achieving and Avoiding Pregnancy

- **Achieve** - Have intercourse during the fertile window!
- **Avoid** – Don't have intercourse during the fertile window!



# Effectiveness of NFP\*

## Single Index Methods

■ Perfect Use - 97%

■ Typical Use - 84%

## Multiple Indexed Methods

■ Perfect Use - 98%

■ Typical Use - 90%

•Kambic, R - The Effectiveness of Natural Family Planning, Current Medical Research; Vol 11; Winter/Spring, 2000. Based on meta-analysis of 23 ovulation methods studies and 15 STM studies.

•\*Effectiveness rates are calculated on 100 women over 12 months of use.



# Effectiveness of NFP

- With accurate charting
- Accurate observations
- Consistent use
- Mutual motivation
- and loving cooperation
- NFP is close to 98% effective!



# Benefits of using NFP

- Understanding fertility
- Safe and healthy
- Communication
- Increased intimacy
- Increased self-mastery
- Sharing and generosity to life
- Fits with moral, ethical and spiritual beliefs



# Fertility is a holy time --

- **NFP couples realize AWESOMENESS of the fertile time**
- **Possibility to be co-creators with GOD**
- **Possibility to create new IMAGES OF GOD**



# Decisions About Parenthood Should Be Made



- In a spirit of love
- Generosity
- In light of responsibility to God
- To themselves
- To children already born
- To society



# Deepening Conjugal Love



Couples who regulate their fertility by living NFP grow in personal dignity and enjoy a deepening of their conjugal love.

# Natural Family Planning



- Allows couples to respect the laws of nature
- Allows them to respect the law of God written on their hearts





# Major Systems of NFP

- Billings Ovulation Method - BOMA
- Creighton Model - Fertility Care
- Couple to Couple League - STM
- Family of the Americas - OM
- Northwest Family Services - STM
- Marquette Method - Fertility Monitor
- Other diocesan and regional programs



# Web Sites of NFP Programs

- **Billings Ovulation Method Association – USA (BOMA)**  
■ <http://www.boma-usa.org/>
- **Couple to Couple League International (CCL)**  
■ <http://www.ccli.org/teach/index.shtmlh>
- **Family of the Americas Foundation (FAF)**  
■ <http://www.familyplanning.net/index-aboutus.html>
- **Marquette University College of Nursing**  
■ <http://www.mu.edu/nursing/nfp/training.html>
- **Northwest Family Services**  
■ <http://www.nwfs.org/index.t?goto=nfp>
- **The Pope Paul VI Reproductive Institute**  
■ <http://www.mitec.net/~popepaul/Education1.htm>

*Wishing You a  
Happy and Blessed Marriage*





**Go in God's Peace!**

