

LEARN NFP FOR MONITORING HEALTH AND FAMILY PLANNING

Just as heart rate, blood pressure, and temperature are indicators of your body's general health, physical signs of fertility are indicators of your hormonal and reproductive health. Natural Family Planning methods track these signs as they change throughout your menstrual cycle in order to identify times of fertility and create a personal health record.

GET STARTED!

1. Choose a Method

Different models of NFP have been developed based upon observation of specific signs of fertility known as biomarkers. See the chart inside for a quick comparison.

2. Take Classes

Instruction from a trained educator is key to using NFP effectively and confidently! Find local and online classes at <https://columbuscatholic.org/nfp>

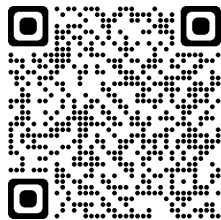
3. Find a Doctor

Check these networks for doctors with specialized training:

- www.fertilitycare.org/
- www.femmhealth.org/
- www.mycatholicdoctor.com/

4. Seek Support

Explore online resources for Catholic teaching, charting apps, websites, and NFP online communities for living the NFP lifestyle.



www.columbuscatholic.org/nfp

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Guide to Natural Family Planning Methods & Classes

Which NFP Method is "Best?"

Although based upon the same reproductive science, NFP methods vary in which fertility signs are observed and how they are charted. While each NFP method has its own particular strengths, with proper training and motivation all can be used successfully. The best NFP method is the one that works for you!



NFP Method	Biomarkers tracked				Quick take:
	Cervical Fluid	Temps	LH test	Hormone monitor	
Billings Ovulation Method boma-usa.org	✓				Women mentally note signs of fertility throughout the day, and then record a color or symbol on a chart or app, creating a personalized pattern of fertility. Simple and effective!
Boston Cross Check bostoncrosscheck.com	✓	✓	✓	✓	Designed for maximum flexibility - users learn but are not required to chart all biomarkers. Slightly more conservative protocol may mean a little more abstinence.
Couple to Couple ccli.org	✓	✓			Taught by married Catholic couples who share their lived NFP experience. Pope St. John Paul II's Theology of the Body is woven through each class.
FEMM femmhealth.org	✓		✓		An emphasis on hormone health makes this model suitable for teens and single women, as well as couples. Over-the-counter hormone test strips provide an optional cross-check.
FertilityCare creightonmodel.com	✓				A highly individualized methodical approach taught by health professionals. Detailed daily observations make this model especially useful for women with reproductive health issues.
Marquette Model marquette.edu/nursing/natural-family-planning	✓	✓	✓	✓	Optional use of the Clearblue Fertility Monitor, a device which measures hormone levels in urine, makes this method highly effective for transition times such as breastfeeding.
SymptoPro symptopro.org	✓	✓			Marketed to individuals and couples, this method offers ongoing, personal support to clients. Instructors find the right rules to provide maximum effectiveness with your charting.