

Natural Family Planning

Natural Family Planning (NFP) is an attitude toward family planning and fertility awareness in accordance to the teachings of the Roman Catholic Church. Here are three NFP methods.

Fertility Awareness Methods



Billings
Fertility Education



Serena Sympto-
Thermal



Billings Method



The Billings Ovulation Method

A Natural Method of Achieving or Avoiding Pregnancy

Benefits

- Completely safe, healthy & natural. No drugs, mechanisms, devices, or foreign substances
- Enables pregnancies to be planned & can assist couples having difficulty achieving pregnancy
- Not the calendar/rhythm method
- Can be used by couples where the woman has regular, irregular or even changing cycles
- Can be used while breast-feeding or during pre-menopause
- Can assist couples in recognizing changes to their reproductive health & fertility
- Helps foster physical & mental harmony in marriage
- Promotes understanding and respect for each spouse

Serena



The Sympto-Thermal Method

A Natural Method of Achieving or Avoiding Pregnancy

Benefits

- Natural, safe, and effective from puberty to menopause
- Easy to use (less than five minutes a day!)
- Accredited teacher-couples instruct couples in the sympto-thermal method
- Learn to chart daily observations of the woman's basal body temperature, cervical mucus signs, changes in the cervix, and peri-ovulatory symptoms
- Works in harmony with and respects the woman's natural reproductive cycle to determine the relatively infertile, probably fertile, and definitely infertile phases of the menstrual cycle
- Allows the couple to accurately determine their fertility as they jointly decide how to exercise responsible parenthood each cycle
- No harmful side effects
- Economical – with a one-time registration fee, Serena BC will support couples with their lifelong family planning needs including after childbirth, peri-menopause, and menopause
- Because we don't want finances to ever prevent a couple from learning the STM, Serena BC is happy to work out payment arrangements
- Safe to use while breastfeeding
- Highly effective, even for long or irregular cycles
- Useful in uncovering possible causes of infertility, including anovulatory episodes and irregular menstrual patterns
- Serena Canada's medical advisor Dr. Suzanne Parenteau-Carreau is an internationally respected fertility researcher
- At Serena Canada we review scientific research constantly to develop and refine the method
- Since Serena Canada was founded nearly 60 years ago, the non-profit organization has conducted research on thousands of women's menstrual cycles and reproductive histories as well as breastfeeding and menopausal experiences

Creighton Model System of Care

A Natural Method of Achieving or Avoiding Pregnancy

Benefits

Safe – no known medical side-effects

Reliable – based on years of research

Natural – cooperates with couple's natural fertility process

Versatile – used for many reproductive categories including regular/irregular cycles, infertility, breastfeeding, premenopause, PCOS, etc.

Tailor-Made – Individualized and in-depth instruction provided by a trained FertilityCare Practitioner

Backed by the medical model of NaProTechnology (Natural Procreative Technology) – a new women’s health science with Consultants that are specially trained to use the Creighton charts to identify and treat underlying causes of infertility and a variety of gynecologic conditions.

Used to monitor, maintain and restore procreative and gynecological health

Effective

Achieving Pregnancy: Among couples of normal fertility, conception occurs 76% of the time in the first cycle of using a defined day of fertility.

Avoiding Pregnancy: CrMS has a 96.8% use effectiveness.

Infertility: 20-40% of couples will achieve pregnancy with CrMS charting alone; up to 80% will conceive with additional cooperative medical assistance.

Miscarriage: Able to diagnose risk factors for miscarriage before one has occurred: 79% effective at helping women have a successful pregnancy after repetitive miscarriages.

Other: 95% success rate for treatment of PMS and for treatment of Postpartum depression

Catholic Teaching on Natural Family Planning

Gospel of Life – Evangelium Vitae (1995)

In its true meaning, responsible procreation requires couples to be obedient to the Lord's call and to act as faithful interpreters of his plan. This happens when the family is generously open to new lives, and when couples maintain an attitude of openness and service to life, even if, for serious reasons and in respect for the moral law, they choose to avoid a new birth for the time being or indefinitely. The moral law obliges them in every case to control the impulse of instinct and passion, and to respect the biological laws inscribed in their person. It is precisely this respect which makes legitimate, at the service of responsible procreation, the use of natural methods of regulating fertility.

On the Role of the Christian Family in the Modern World – Familiaris Consortio (1981)

The choice of the natural rhythms involves accepting the cycle of the person, that is the woman, and thereby accepting dialogue, reciprocal respect, shared responsibility and self-control. To accept the cycle and to enter into dialogue means to recognize both the spiritual and corporal character of conjugal communion and to live personal love with its requirement of fidelity. In this context the couple comes to experience how conjugal communion is enriched with those values of tenderness and affection which constitute the inner soul of human sexuality, in its physical dimension also. In this way sexuality is respected and promoted in its truly and fully human dimension, and is never “used” as an “object” that, by breaking the personal unity of soul

and body, strikes at God's creation itself at the level of the deepest interaction of nature and person.

Of Human Life – Humanae Vitae (1968)

The right and lawful ordering of birth demands, first of all, that spouses fully recognize and value the true blessings of family life and that they acquire complete mastery over themselves and their emotions. For if with the aid of reason and of free will they are to control their natural drives, there can be no doubt at all of the need for self-denial. Only then will the expression of love, essential to married life, conform to right order. This is especially clear in the practice of periodic continence. Self-discipline of this kind is a shining witness to the chastity of husband and wife and, far from being a hindrance to their love of one another, transforms it by giving it a more truly human character. And if this self-discipline does demand that they persevere in their purpose and efforts, it has at the same time the salutary effect of enabling husband and wife to develop to their personalities and to be enriched with spiritual blessings. For it brings to family life abundant fruits of tranquility and peace. It helps in solving difficulties of other kinds. It fosters in husband and wife thoughtfulness and loving consideration for one another. It helps them to repel inordinate self-love, which is the opposite of charity. It arouses in them a consciousness of their responsibilities. And finally, it confers upon parents a deeper and more effective influence in the education of their children. As their children grow up, they develop a right sense of values and achieve a serene and harmonious use of their mental and physical powers.