

Natural Family Planning: Making Good Marriages *Great!*

Billings Ovulation Method™ (BOM)

The couple tracks the woman's natural and unique signs of fertility and infertility each day. Observations of the cervical mucus are noted each day primarily through what the woman feels at the vulva during normal daily activities and secondarily through the appearance of the mucus. The Billings Method requires neither internal examinations nor recording temperatures. Call an instructor (phone numbers on back) to set up an appointment. If that is not possible, BOM offers an online course; register online at: woomb.org/bom/teaching/learningBOM.html

Couple to Couple League (CCL)

The couple takes basal temperature readings at a consistent time. The woman makes note of cervical fluid, if present on the tissue after voiding. Internal observations may identify an earlier start of the fertile period. Palpation of the cervix confirms the other signs of fertility. Once the method is learned, couples choose which signs of fertility they will monitor. Call an instructor (phone numbers on back) to set up an appointment. If that is not possible, CCL offers a Home Study Course; to order, call 513.471.2000 or 800.745.8252 or order online by visiting: ccli.org/productsservices/nfp-instruction/home-study-course.php

Creighton Model FertilityCare™ System (CrMS)

Creighton Model FertilityCare™ System involves observing the woman's cervical fluid on the tissue before voiding. Further medical evaluation by a physician is available for couples with difficulty conceiving or with other reproductive problems. Referrals are made to either a local family physician or directly to the Pope Paul VI Institute. Call an instructor (see back) to set up an appointment. Information site: www.osfsaintanthony.org/services/womens-center/creighton-model-fertility-care-system.html

Instructor Contact Information

Algonquin, CCL*	Alfonso & Margarita	815-245-5427
Batavia, CCL	Dustin & Jill	630-896-9275
DeKalb, CrMS	Tara	309-824-9514
Lake in the Hills, CCL	George & Helen	847-658-8379
Rockford/St. Anthony, CrMS	Mary	815-227-2870
Woodstock, BOM**	Marco & Anabel	815-382-1719

* Instruction available in English and Spanish

** Instruction available in Spanish

BOM: **B**illings **O**vulation **M**ethod™
www.thebillingsovulationmethod.org or www.woomb.org

CCL: **C**ouple to **C**ouple **L**eague
www.ccli.org

CrMS: **C**reighton **M**odel **F**ertility **C**are™ **S**ystem
www.fertilitycare.org or www.popepaulvi.com

Diocese of Rockford

Respect Life-NFP

P.O. Box 7044

Rockford, IL 61125

Phone (815)399-4300

www.rockforddiocese.org/nfp

Diocese of Rockford

NATURAL FAMILY PLANNING

Making good marriages great!



www.rockforddiocese.org/nfp

NATURAL FAMILY PLANNING: MAKING GOOD MARRIAGES GREAT

THE CHURCH'S BEST KEPT SECRET

Natural Family Planning is a thoroughly researched, safe, medically effective and family-supportive method of fertility regulation which can be used either to avoid a pregnancy or to achieve one, depending on the intention of the user. NFP is completely natural and does not use drugs, devices or surgery. It is simply a method of recognizing and charting the easily observable signs of fertility exhibited by a woman's body.

By charting fertility signs daily, a woman can determine when she is possibly fertile and when she is infertile. If a couple wishes to generously welcome a child, they know when their best chances are to conceive. If the couple wishes to postpone pregnancy, they simply abstain from sexual intercourse and genital contact during their fertile times. An umbrella term, NFP includes various methods, three of which are available in the Diocese of Rockford.

WHO IS NFP FOR?

Married couples who want to experience joyful, life-long marriages!

Any married couple can use NFP! A woman need not have "regular" cycles. NFP education helps couples to fully understand their combined fertility, thereby helping them to either achieve or avoid a pregnancy. The key to the successful use of NFP is cooperation and communication between husband and wife—a shared commitment.



WHY SHOULD I LEARN MORE?

Because NFP...

- **increases communication** between husband and wife, which is probably why couples who use NFP experience such a **low divorce rate**.
- is based on **scientific** research, which leads to a **99% success rate** in avoiding or postponing pregnancy.
- calls for **shared responsibility** between husband and wife. Husband and wife plan their family together.
- allows for a **greater understanding of the female body** as it treats each menstrual cycle as unique and teaches a couple to observe their signs of fertility on a day-to-day basis.
- involves **no harmful side effects!**
- is effective for those wanting to **achieve pregnancy** too!
- **can be used at any time** during a woman's reproductive life, even in special circumstances: post-partum, while breastfeeding, premenopause.
- is **inexpensive**.
- is a way of following **God's plan**. Couples can plan their families with a clear conscience.
- increases **appreciation** for one's spouse.
- cultivates **greater romance** and **greater intimacy**.
- brings greater **sexual self-mastery** and **maturity**.



HOW DO I LEARN MORE?

A woman's body provides three basic ways to identify the fertile and infertile times of her cycle. Recognizing the pattern of those physical signs forms the basis for all methods of NFP.

A primary sign of fertility is the mucus released from the women's cervix. A woman learns to identify the normal, healthy, cervical mucus which indicates the days that intercourse is most likely to result in a pregnancy. The second sign is her basal body temperature. Due to hormonal activity, a woman's waking temperature changes during the menstrual cycle. The third sign is a change in the shape or texture of the cervix. Finally, secondary signs, such as minor abdominal pain or pressure at the time of ovulation can also be observed.



The Diocese of Rockford offers three different methods of Natural Family Planning. The ovulation methods (Billings and Creighton) use the mucus sign. Couple to Couple League is a sympto-thermal method that uses the mucus sign, basal body temperature, and observations of changes in the cervix.

To learn more, please call either the Respect Life-NFP Office at 815.399.4300 or one of our instructors listed on the back, or visit our website: www.rockforddiocese.org/nfp