

Benefits

NFP...

- Enhances the spiritual aspect of marriage by planning your family in a way that's not contrary to love and the Church's teachings
- Is 100% natural and 100% safe
- Has no negative side effects
- Is based on scientific research
- Is a shared method, which requires mutual responsibility and increased communication between spouses
- Is effective for both achieving and avoiding a pregnancy
- Is virtually cost-free

...and the list goes on...

Effectiveness

Postponing Pregnancy: Overall the rate is as high as or higher than any contraception systems—97%-99% method-effectiveness! No, really. It's THAT good. Plus, the continuation rate of NFP (people who love it and keep on loving it) is around 93%. The rate for contraception ranges from 43% to 72%. (See Jason Evert's *Love, Sex & Babies*, page 2. © Catholic Answers, 2004.)

Achieving Pregnancy: According to the Pope Paul VI Institute, of those using the ovulation method (Creighton Model) and having normal fertility 76% will achieve pregnancy after three cycles. Those rates go up to 90% after three cycles and 98% after six cycles. For those with "compromised fertility" 20-40% will become pregnant after charting for six to twelve months. When couples receive medical treatment along with charting, their pregnancy rate goes up to 80%. Numbers may vary with the different methods.



How do we begin learning NFP?

Visit the Natural Family Planning page on the Archdiocese of Denver website for information on the cost of each program and how to get started. You can also contact the Office of Marriage and Family Life at 303-715-3259.

www.archden.org/marriage

Other useful websites:

Couple to Couple League

www.denver.ccli.org

Creighton Model FertilityCare System

www.creightonmodel.com

Natural Family Planning International

www.nfpidenver.org

Northwest Family Services

www.nwfs.ort/nfp.html

Novuscor ~ FertileView

www.cath.novuscor.com

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NFP



Are you doing it?



303-715-3259

www.archden.org/marriage



New friend, meet NFP... NFP, meet your new friend...

Methods and Programs

NFP is an umbrella term for many different methods. We are fortunate to have two methods offered by five different programs in the Denver Archdiocese.

What is Natural Family Planning?

Natural family planning, or NFP, is a method of achieving or postponing pregnancy by observing the changes in a woman's body that naturally indicates her fertility. It is highly effective, totally natural and treats you like a person, body and soul.

How's that go?

Women at most times are infertile. Any couple can pinpoint the woman's time of ovulation by recording changes in her temperature, cervical mucus and cervix. Then, by abstaining from sex during the fertile period, a couple is able to space births appropriately and naturally.

Two methods of NFP are offered through four different programs in the Archdiocese of Denver. See "Methods and Programs" section to see what will be the best fit for you and your situation. Contact the Office of Marriage and Family Life for more information and to get connected to the program of your choice.

Couple to Couple League (CCL) — Sympto-Thermal Method

Observation types: This method relies on several signs of fertility including waking temperature readings, cervical mucus and an optional cervical check.

Class type: Couples learn this method in a classroom setting with a trained married couple in a series of 3 meetings at monthly intervals.

Notes: CCL course has been revised to include Theology of the Body teachings and online charting. A home study course is also available for those unable to attend classes.

Creighton Model—Ovulation Method

Observation type: This method relies on detailed observations of external cervical mucus as the main indicator of fertility.

Class type: One hour introductory session, followed by 8 individual follow-ups over the course of a year.

Notes: Couples receive regular individual attention by a trained practitioner and have flexibility in scheduling. Opportunity for medical referral.



Natural Family Planning International (NFPI)- Sympto-Thermal Method

Observation types: Resting body temperature readings, cervical mucus observations.

Class type: Couples learn this method in a classroom setting with a trained married couple in a series of 3 meetings at monthly intervals.

Note: NFPI classes will also teach about ecological breastfeeding, a natural and effective form of birth regulation.

Northwest Family Services — Sympto-Thermal Method

Observation types: Resting body temperature readings, cervical mucus observations, and an optional cervical check.

Class Type: 3-4 sessions, with private follow-up.

Notes: Method is only available in Fort Morgan/ Eastern Colorado and in an on-line format.

Novuscor - FertileView

Observation types: This method relies on sympto-thermal and cervical mucus observations.

Class Type: Software program for charting.

Notes: Software keeps track of your information, stores your results and most importantly, interprets the information for you.