

Enrich Your Marriage with NFP

Natural Family Planning (NFP) refers to the scientific, natural, and moral methods of family planning that can help married couples either achieve or postpone pregnancy.

NFP methods are based on the observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle. No drugs, devices, or surgical procedures are used to avoid pregnancy.

Since the methods of NFP respect the love-giving (unitive) and life-giving (procreative) nature of the conjugal act, they support God's design for married love.

Which Method is Right for You?

Cervical Mucus Methods (CMM)

These methods teach about the woman's fertile bio-sign of cervical fluid or "mucus" which is related to the event of ovulation in her menstrual cycle.

[Billings Ovulation Method](#) | [Creighton Model FertilityCare Method](#) | [Family of the Americas](#) | [CWCNFP](#)

Sympto-Thermal Methods (STM)

These methods teach about the woman's fertile bio-sign of cervical mucus and include information about other fertility bio-signs such as: the Basal Body Temperature (her waking temperature); changes in the cervix; mid-cycle pain; breast tenderness, etc. Married couples are taught to identify and chart two or more fertile signs to identify the fertile and infertile times of the woman's cycle.

[Couple to Couple League](#) | [Northwest Family Services](#) | [NFP International](#)

Sympto-Hormonal Methods (SHM)

These methods teach about the woman's fertile bio-sign of cervical mucus and teach the monitoring of the woman's reproductive hormones through the use of a fertility monitor.

[Marquette Method](#) | [Vitae Fertility Education](#) | [Whole Mission](#)

Please note that this is just a sampling of NFP providers and methods. We encourage you to research the methods to find the best one for you and your marriage.

The Benefits of NFP:

- Highly effective in both achieving or avoiding pregnancy.
- Cooperates with a couple's combined fertility.
- Is simple and inexpensive.
- Increases mutual respect and communication.
- Brings to light medical problems that may have gone undetected.
- 100% natural with no side effects that alter your hormones.
- Respects God's plan for your marriage.

Learn more:

<https://www.arlingtondiocese.org/nfp>