

Natural Family Planning Methods

To learn more about Natural Family Planning classes, contact one of our instructors or Mimi Streett, Coordinator for the Office of Marriage and Family Life.

Natural Family Planning is an umbrella term referring to multiple methods of natural family planning based on naturally occurring fertility indicators.

It is possible to learn Natural Family Planning on your own, the best way to learn NFP is through a certified instructor who can discuss your fertility with you and answer all your questions.

The two most common forms of natural family planning are Ovulation methods and Sympto-Thermal methods. The Diocese of Oakland offers three methods of NFP: two ovulation methods (Billings and Creighton) and one sympto-thermal method (Couple to Couple League).

Typical costs for each method are given; they vary by instructor and number of sessions needed. The beauty of NFP is that you never pay any more after the training is finished (no prescription refills, etc.).

All three methods in the Diocese of Oakland are effective, natural ways to plan your family. Choosing a method is based on personal preference.

The three signs of fertility

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 fluid released from the women's cervix. A

woman learns to identify the normal, healthy, cervical fluid 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. Lower temperatures indicate that ovulation has not yet occurred. Higher temperatures indicate a rise in progesterone which signals the end of the fertile time.

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.

Billings Ovulation Method Association

Typically 4-6 classes – first one as a group, then individual follow-ups, usually 20-30 minutes each. Costs vary – normally about \$30-35/session, so a total of \$120-210 (typical).

Couples track the woman's natural and unique signs of fertility and infertility each day. Observations of the cervical fluid are noted daily primarily through what the woman feels at the vulva during normal daily activities and secondarily through the appearance of the fluid. The Billings Method requires neither internal examinations nor recording temperatures.

Why choose Billings?

Billings is one of the simplest methods to learn and very little

work is involved in charting - women recognize their fertile signs by becoming more aware of what to look for, and simply noticing what they feel throughout the course of their daily activities. Available in either English or Spanish

More information

www.boma-usa.org
www.billingslife.org
www.woomb.org

CCL: Couple to Couple League Sympto-Thermal Method

Usually 3-5 classes – the first in a group setting, remainder are one-on-one. Typical cost is \$135 (for the first session) – subsequent sessions are free.

The couple takes a basal temperature readings at a consistent time each day. 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.

Why choose CCL?

Uses up to three signs of fertility for added security: cervical fluid, temperature, and internal examinations to observe changes in the cervix. Available: in either English or Spanish

More information

www.ccli.org
www.naturalfamilyplanningchicago.com

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For more info visit: www.oakdiocese.org/nfp

CrMS: Creighton Model FertilityCare System Ovulation Method

Typically 6-10 classes – general introduction, then individual follow-ups. Typical costs are \$30-35/session, so a total of \$120-350 (typical maybe \$250).

Creighton-Model Fertility Care System involves one-on-one attention and teaching focused to your needs and your life. Further medical evaluation by a physician is available for couples with difficulty conceiving or other reproductive problems. Local referrals are made to a local family physician. Referrals can also be made directly to The Pope Paul VI Institute.

Why choose Creighton?

Using evidence-based medicine, Creighton is the most medically advanced method (NaPro)

Creighton is preferred by many couples who have infertility issues or encounter medical problems with the woman's cycle. Available in English or Spanish

More Information

www.fertilitycare.org
www.popepaulvi.com
www.creightonmodel.com

Billings Ovulation Method (BOM)

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Couple-to-Couple League (CCL)

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Serving El Cerrito

Couple-to-Couple Live online courses
www.ccli.org
Home Self-Study Program

Creighton Method (CrM)

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Northwest Method (NW)

None at the moment

Sympto-Thermal Method (STM)

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