

Popular Methods of Natural Family Planning

SYMPTO-THERMAL METHOD

- Combines charting of temperature and cervical mucus
- Optional charting can include changes in the cervix and secondary fertility signs

CREIGHTON MODEL

- Educates women about the function of their menstrual and fertility cycles
- Used for maintenance of her health and for family planning

BILLINGS OVULATION METHOD

- Monitors fertility by identifying when fertile/infertile during each ovarian/menstrual cycle
- Indicators are sensation at vulva and any vaginal discharge

MARQUETTE MODEL

- Use of modern fertility monitors that measures hormone levels in urine
- Estimates the beginning and end of fertility in a woman's cycle

CERVICAL MUCUS METHOD

- Learn how to identify normal healthy cervical mucus
- Indicates the days that sexual intercourse is most likely to result in pregnancy

TM



by The Marriage Group

Learn more at:
<http://nfp.life>