

What is Fertility Awareness?

Fertility Awareness or Natural Family Planning (NFP) are natural methods that can be used to help couples decide when to time intimacy to either achieve or avoid pregnancy and track a woman's monthly cycle. There are many different methods that help you gain knowledge about your fertility and learn how to read your body's natural fertile signs, and do not require medication, or surgery. It is also a great tool to use when communicating with your physician if you have reproductive health issues.

Each Fertility Awareness Method works a little bit differently, so check our website to see which one is right for you!



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Fertility Awareness Methods

Diocese of Lincoln



The Language of Love

Respecting the Life-Giving Nature of Marriage

FERTILITY AWARENESS METHODS IN THE DIOCESE OF LINCOLN

How Effective are Fertility Awareness Methods?



Creighton Model FertilityCare System

This method teaches a woman to understand her cycles with standardized observations and charting of cervical mucus. NaProTechnology is the medical component used to diagnose and treat various health issues.



Marquette Model

This method brings up to date technology to NFP! Taught by licesened medical professionals, it uses hormone levels, cervical mucus and the ClearBlue monitor to understand fertility.



SymptoPro

This method treats fertility as a normal, healthy process, based on observable signs in a woman's cervical mucus, body temperature and cervix changes. It takes only seconds a day to track fertility!



Couple to Couple League

This method is based on three signs of fertility: cervical mucus, body temperature and changes in the cervix. These signs are easy to see, and it takes only minutes a day to record them on our chart or app.

In order for Fertility Awareness Methods (FAM) to be most effective, a couple should fully understand their chosen method's instructions and need to support each other, be committed to following method instructions, and sexually abstain during the fertile times if trying to avoid pregnancy. There must also be a willingness to monitor and chart fertile signs regularly.

The average effectiveness rate of all Fertility Awareness methods is 95-99.6% effective in avoiding pregnancy if couples are consistently following their method's instructions (perfect use), and 88% who are not as consistent in following their instructions.

That is about the same as the effectiveness of the birth control pill.

FOR MORE INFORMATION ON THESE METHODS, GO TO
WWW.LINCOLNDIOCESE.ORG/NFP