

Natural Family Planning

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Methods, classes and locations

In the Archdiocese of Detroit Natural Family Planning Methods are offered in a series of three classes with individual chart reviews

For a class schedule of days and times go to: www.nfponline.org and download a PDF file titled — NFP All Events

Cervical Mucus Method Classes are taught at:

City	Classroom
Dearborn	Gabriel Richard Center
Dearborn Heights	St. Sebastian School
Livonia	St. Mary Hospital
Pontiac	St. Joseph Hospital
Monroe	St. Michael Parish

Sympto-Thermal Method Classes are taught at:

City	Classroom
Bloomfield Hills	St. Hugo of the Hills Parish
Lake Orion	St. Joseph the Worker Parish
Plymouth	Our Lady of Good Counsel Parish
Rochester	St. Andrew Parish
Troy	St. Anastasia Parish

Effective and Safe

Modern natural family planning methods are based on scientific research.

According to the Physicians/Desk Reference, 2011, p. 861, effectiveness of the Modern NFP methods is 97-99%!

Natural family planning is a way of life in which couples recognize their fertile time, and together decide to engage in or abstain from genital activity depending on whether pregnancy is to be achieved or avoided.

Natural family planning requires

- A committed relationship
- Couple cooperation
- Communication skills
- Self-control

Natural family planning is used

- For regular cycles
- For irregular cycles
- During cycle changes
- During perimenopause
- During nursing and weaning
- During stressful circumstances
- After the use of synthetic hormones

Contact information:

Natural Family Planning
305 Michigan Avenue
Detroit, MI 48226-2605

313-237-4679
or email nfp@aod.org



Natural Family Planning classes are offered throughout the Archdiocese of Detroit.

There is a \$75 fee for the series of classes.

Registration is required. Additional information may be found on our web page at: www.nfponline.org



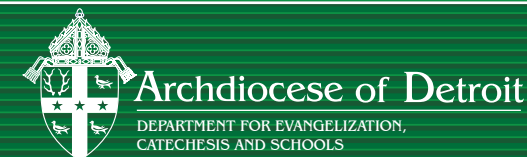
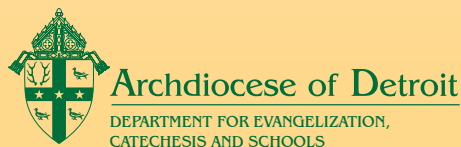
Children are a blessing

Planning a family the natural way

Classes are now forming for the following methods

- Cervical Mucus Method
- Sympto-Thermal Method

Registration Required



www.nfponline.org

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NOTE: This brochure does NOT provide sufficient information to effectively use a natural family planning method. Couples who attend a complete series of classes, follow the rules of the NFP method of their choice, and have their chart reviewed by a certified teacher find NFP effective and enriching in their marriage. NFP is more than a way to avoid, postpone or achieve a pregnancy. Awareness of a normal healthy cervical mucus pattern helps a woman recognize a discharge that is not normal and needs medical attention.

NFPlanning a family

Required registration form

Return this form with the \$75 class fee made out to:

Sympto-Thermal Method

Fertility is determined by the correlation of three signs: cervical mucus, cervical changes, and temperature.

A woman's cycle is divided into 3 phases

Phase One begins with menstruation. There are several rules to determine when this time is infertile.

Phase Two is the woman's fertile time. Fertility begins when cervical mucus is observed. Fertility continues until phase three is identified.

Phase Three is an infertile time that begins on the later of: the evening of the fourth day of drying up past the last day of mucus or the third day of high rise temperatures.

A new cycle begins with the first day of menstruation.

Mucus

Women are taught to identify cervical mucus by sensation, observation, and an internal examination of the cervix.

Basal Body Temperature

Several rules are used to interpret the variety of temperature records that may occur. The temperature, mucus observation and cervix changes determine the beginning of phase 3.

Cervical Changes

The woman learns to observe changes at the cervix from Firm, Low, Closed, Dry to Soft, High, Open, Wet, and back to Firm, Low, Closed, Dry.

Other Signs of Fertility

Additional observations include changes in mood, breasts, and specific lymph nodes.

Cervical Mucus Method

Fertility is determined by a changing developing pattern of cervical mucus.

A woman's cycle is divided into 3 phases

1. From menstruation until cervical mucus begins, there are three rules to determine when this time is infertile.
2. Fertility begins with a sensation of wetness and a changing developing cervical mucus pattern usually lasting several days. Fertility continues for three days after this cervical mucus pattern ends.
3. From the fourth day after the cervical mucus pattern ends in ovulation and until menstruation begins, a woman is considered infertile.

A new cycle begins with the first day of menstruation.

Mucus

A woman distinguishes between cervical mucus patterns that end in ovulation and other types of mucus that do not end in ovulation. Women are taught to identify cervical mucus patterns ending in ovulation by sensation and external body observation.

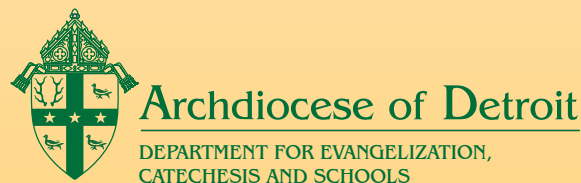
Basal Body Temperature

Most women find that they do not need to take their temperature every morning. However, under certain circumstances temperature records may be helpful.

Other Signs of Fertility

Other external signs of fertility are also taught. These signs include changes in specific lymph nodes, changes at the vulva, and in the breast and pelvic areas, changes in mood related to hormone level fluctuations, and other signs.

Menstruation: (*bleeding after ovulation*) Cervical mucus present during bleeding indicates possible fertility.



For class schedules go online:

www.nfponline.org

Call 313-237-4679 or
e-mail: nfp@aod.org

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305 Michigan Avenue, Detroit, MI 48226-2605

Dates & location of NFP class series you plan to attend:

Wedding date _____

(woman) First name _____ Last name _____

Area code & phone number _____ e-mail _____

(man) First name _____ Last name _____

Area code & phone number _____ e-mail _____

mailing address _____

City, State, zip _____

Reasons for attending NFP classes:

- To achieve pregnancy
- To delay pregnancy
- To avoid pregnancy
- To fulfill a marriage preparation requirement

Clergy name: _____

- To determine fertility after use of synthetic hormones
- To determine the return of fertility after pregnancy
- To determine the return of fertility during breastfeeding
- To determine fertility during perimenopause
- Other (explain) _____

Class cancellations occur when there is no registration received by one week before the first class. For late registration, or additional classes call 313-237-4679.

(Cut along dotted line and return with payment)