

## Where to learn more about Natural Family Planning:

The best way to learn NFP is from a qualified instructor who is certified through an NFP teacher training program.



For a list of certified teachers in the Diocese of Sacramento, please visit [www.scd.org/nfp](http://www.scd.org/nfp).

## Women's Services

Dignity Health Women's Services provides education about Natural Family Planning and NaPro Technology, a new branch of reproductive medicine, through their FertilityCare Services program.



FertilityCare Services  
1700 Tribute Rd., Ste. 100  
Sacramento, CA 95815  
(916) 733-6256  
[womensservices@dignityhealth.org](mailto:womensservices@dignityhealth.org)

## More Information

More information is available from the California Association of Natural Family Planning at

[www.CANFP.org](http://www.CANFP.org)



### Family Life Office

Department of Evangelization & Catechesis  
Roman Catholic Diocese of Sacramento  
2110 Broadway / Sacramento, CA 95818

Phone: (916) 733-0123

Email: [dec@scd.org](mailto:dec@scd.org)

Web: [www.scd.org](http://www.scd.org)



# Natural Family Planning



*Learn to read what your body was made to tell you...*

# What is Natural Family Planning?

Natural Family Planning (NFP) is a user's guide to the power God has given us to create new human life.

How does it work? Every woman of child-bearing age has regularly recurring biomarkers or signs of fertility, such as changes in her basal body temperature and cervical mucus. Modern methods of NFP involve observing and interpreting these signs.

When learned from a certified instructor, NFP has an effectiveness at avoiding pregnancy that is comparable to the most effective forms of contraception.

But unlike contraception, NFP is entirely medically safe and also empowers women to monitor, evaluate and maintain their own gynecologic and reproductive health.

## Why Couples Stay with NFP

- ✓ NFP fosters a deeper level of communication between husband and wife as well as mutual knowledge and respect for one another.
- ✓ NFP keeps sexual attraction alive.
- ✓ NFP can help a sub-fertile or infertile couple achieve pregnancy.
- ✓ NFP recognizes fertility as a gift, not as a disease or negative side-effect of human sexuality.
- ✓ NFP can be used throughout a woman's reproductive life cycle, including while breastfeeding and during pre-menopause.

## Why Couples Choose NFP

- ✓ The language of NFP is inclusive, total, and integrated: "I love you *exactly* the way you are. You do not need to change in any way for me to be more loving or comfortable with you."
- ✓ NFP means shared responsibility in making decisions about times of mutual fertility.
- ✓ NFP engenders moral growth and physical health.
- ✓ NFP spells freedom—the couple can go anywhere in the world without being tied to prescription drugs or doctors.
- ✓ NFP is effective for both avoiding and achieving pregnancy.
- ✓ NFP is organic and green. You do not introduce any artificial chemicals, barriers, or hormones into your body.

