

## WHAT IS NATURAL FAMILY PLANNING?

Natural Family Planning, also known as Fertility Awareness Method, refers to achieving or avoiding pregnancies through the awareness of a woman's cycle.

**Make sure to talk to your doctor to discuss which method of pregnancy prevention is best for you.**

## BENEFITS TO NATURAL FAMILY PLANNING

- Natural Family Planning methods avoid the use of medications or procedures, therefore there are no adverse medical effects or increased health risks.
- Natural Family Planning can be 97-99% effective in avoiding pregnancy when followed consistently and correctly and abstinence is 100% effective in avoiding pregnancy.
- Fertility awareness can help diagnose potential health-related abnormalities.
- Natural Family Planning can help strengthen the relationship between couples.
- There is no or very low cost when using Natural Family Planning.

## METHODS FOR NATURAL FAMILY PLANNING

Natural Family Planning to avoid pregnancy requires abstinence from sexual intercourse during times when you are likely to get pregnant. Combining the 3 natural methods – menstrual tracking, temperature charting, and cervical mucus monitoring – works best to identify the time period you are most likely to get pregnant.

- **Calendar or Rhythm Method** – You can track your menstrual cycle each month to determine when you are most likely to get pregnant.
- **Basal Body Temperature Charting** – The temperature method involves taking your temperature every morning before you get out of bed.
- **Cervical Mucus Monitoring** – Track the consistency of your cervical mucus to determine when you are most likely to get pregnant.

## CONSIDERATIONS FOR NATURAL FAMILY PLANNING

- Natural Family Planning requires continued commitment and practice.
- It can be less effective than other methods of pregnancy prevention if the methods are not followed consistently.
- Natural Family Planning does not protect against sexually transmitted diseases or infections.

**Make sure to talk to your doctor to discuss which method of pregnancy prevention is best for you and if there are any health conditions that may prevent you from using Natural Family Planning.**