Be Informed and Empowered

Tracking the natural signs of fertility (NFP charting) enables a woman to know where she is in her cycle. Pinpointing her ovulation and allowing for the life of his sperm, a couple can identify their fertile time – typically six to seven days of each cycle. Empowered with this knowledge, they can decide whether to have sexual relations and potentially conceive a child or wait until an infertile time. That’s the basic science underlying natural family planning (NFP), an effective, moral, and healthy way for married couples to engage in family planning.

Couples using NFP do not intervene to separate their fertility from their bodily union. Their conjugal love expresses the fullness intended by God for marriage – it is both love-giving and life-giving. NFP promotes generosity, enriches the marital bond, and welcomes children who may come from marital union. NFP is authentic family planning which builds healthy and holy marriages and families.

Cooperate with God’s design!

RESOURCES

Diocesan NFP
www.columbuscatholic.org/natural-family-planning

Natural Womanhood: Know Your Body
www.naturalwomanhood.org

You Me and NFP Blog
www.youmeandnfp.com/blog

Find a Physician
www.fertilitycare.org
www.femmhealth.org

Supporting Research
www.factsaboutfertility.org/learn-more/research

A GUIDE TO NATURAL FAMILY PLANNING IN THE DIOCESE OF COLUMBUS

CONTACT US
614-241-2560
familylife@columbuscatholic.org
www.columbuscatholic.org
FOR HER

Know Your Body
NFP charting helps you to understand your cycle, know when to expect your period, and anticipate emotional and physical highs and lows due to changing hormones.

Detect Health Issues
NFP charting can be used to identify and address problems like PMS, painful periods, irregular cycles, and infertility.

Build Trust and Collaboration
Charting your fertility together allows you to work as a team in decisions about sexuality and family planning.

Deepen Your Relationship
The intimate, open and honest discussions necessary for using NFP strengthens the emotional connectedness between you and him.

Renew Your Romance
During time of temporary abstinence you and he can romance each other in non-sexual ways, just like when you were dating!

FOR US

100% Natural
No synthetic hormones are put into our bodies or our environment.

Safe
No drugs, devices, or surgical procedures are used, so NFP doesn’t harm our bodies or future fertility.

Effective
We can use NFP to postpone pregnancy (up to 99% effective) or achieve pregnancy.

Mutual
Responsibility for family planning encourages our communication, trust and respect for each other.

Moral
By using NFP we respect the natural design of sex as an expression of love and openness to life.

FOR HIM

Know Her Better
Charting her cycles through NFP helps you to understand how daily hormonal changes in her body might affect her energy and mood.

Build a Healthy Relationship
Fertility charting also prompts open discussion of sex and parenthood which leads to healthy discussions on other topics.

Protect Your Marriage
Better communication and closer relationships formed through NFP have been found to reduce the rate of divorce.

Earn Her Respect
Your self-mastery during times of abstinence will earn her respect, and she’ll appreciate your romantic non-sexual expressions of love.

Enjoy Satisfying Intimacy
Couples who practice NFP are intimate as frequently as the average couple, although the timing may be more deliberate. Planning for these moments can make them more emotionally and physically rewarding.