

Natural Fertility Education and Young People

Professional Family Life Educators are available for talks to students, parents and teachers at Primary and High Schools, community groups and youth groups. Accurate information will enable young people to understand their gift of fertility.

Educators are Members of the Australian Council of Natural Family Planning Incorporated.

Comments from Clients

“ I had to stop taking the pill for health reasons and I was a bit sceptical about NFP but I gave it a go and it is great. If I had known about it years ago I would never have taken the pill. ”

35yr old woman



“ It is ironical that my mother liberated herself by using the pill and I am liberating myself by using NFP. ”

23yr old woman



“ We are having more sex now than we ever did when she was on the pill as her libido has returned and we know when she is fertile to take a break. ”

32yr old man

natural fertility services



healthy choice

Email: natural@catholiccare.org

Rural Centres: Freecall 1800 114 010

To find out the cost of this service please contact us on: 9390 5156

www.natfamplan.com.au

Local Contact:



Sydney Centres

Phone Monday to Friday for day or evening appointments.

Polding Centre

(weekdays only)
p. 9390 5156
9.00am – 5.00pm
13/133 Liverpool Street, Sydney

Parramatta

p. 9630 7404
9.30am – 2.30pm
3/10 Victoria Road

School Students/ Parents/Teachers

p. 9390 5156

Mater Misericordiae Hospital

p. 9900 7751
Whelan Maternity Unit

Other Centres

Sutherland
Hurstville
Nepean
Springwood

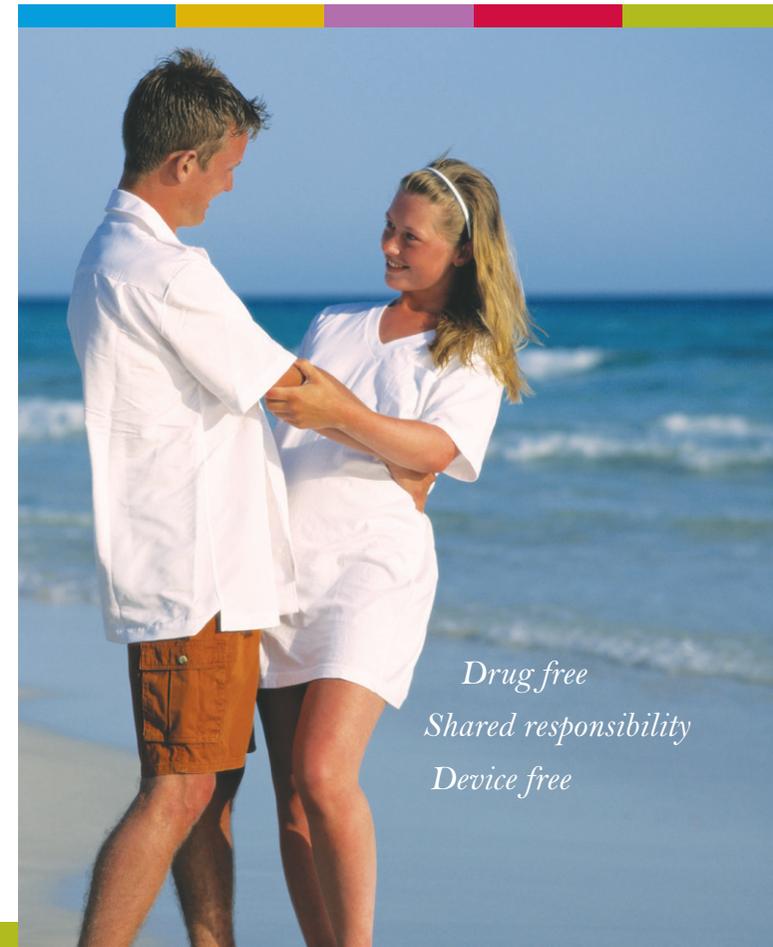
www.catholiccare.org



Natural Family Planning



Healthy Choice



*Drug free
Shared responsibility
Device free*



Natural Family Planning is 99.6% Effective

Human Reproduction 2007 – P. Frank-Herrmann

Worldwide scientific research has shown that the Sympto-Thermal Method (STM) of Natural Family Planning (NFP) is 99.6% effective when well taught to motivated couples. This compares favourably with other methods of family planning. Remember that no method of family planning claims to be 100% effective. Below is a table comparing the effectiveness of the most commonly used methods of family planning.

Couples experiencing unplanned pregnancy in 1st year of typical use (use of a method not necessarily for first time):

Natural Family Planning (STM)

2%

Oral Contraceptive Pill

8%

Diaphragm

16%

Condom

15%

From Hatcher RA et al 2007 "Contraceptive Technology" 19th Ed. Ardent Media. New York.

Who can learn NFP?

Natural Family Planning can be used by couples at all stages of the woman's fertile life. It is therefore suitable for:

- women with short, long or average cycles
- engaged couples
- pregnant women to learn Lactational Amenorrhoea Method
- mothers breastfeeding and weaning
- couples wanting to avoid pregnancy
- couples having difficulty conceiving
- couples discontinuing pill and/or other contraceptive methods
- peri-menopausal women.

Natural Family Planning identifies the fertile time to achieve or postpone having a baby

The fertile time is recognised by learning to identify the natural indicators of every women's cycle to determine the fertile and infertile phases:

- Cervical mucus leading up to ovulation.
- Temperature shift after ovulation.
- Other symptoms individual to each woman.



How to learn NFP?

Natural Family Planning is best learned from accredited educators who have received professional training and developed an expertise in encouraging couples to use natural family planning effectively. They update their knowledge and skills regularly to maintain accreditation.

Where to learn NFP?

A list of centres is provided on the back of this brochure. Choose a local centre to make a confidential appointment for you (and your partner). Long distance clients have the opportunity of joining our correspondence program by calling the 1800 Freecall number.

Natural Family Planning is a healthy choice

People have various reasons for wanting to learn Natural Family Planning including the following:

- Natural Family Planning is a healthy choice – drug free and device free.
- Natural Family Planning enables couples to work in harmony with their combined fertility rather than contracept it.
- Natural Family Planning helps couples to choose when to plan or postpone pregnancy.
- Natural Family Planning gives couples opportunities to develop communication skills and mutual understanding, enhancing their relationship.
- Natural Family Planning education provides information for the whole of a couple's reproductive life.
- Natural Family Planning is in keeping with religious beliefs for all couples.