

# Natural Family Planning (NFP)

## *What are the Benefits of NFP?*



### Safe and Healthy

- No medical side effects
- No abortifacient effects (unlike methods using artificial hormones—Pill, Patch, Shot, etc.)
- Promotes self-awareness and wellness

### True Family Planning

- Can help couples with low fertility to have the best chance of conceiving a child
- Does not risk extended loss, reduction, or elimination of fertility as do the Pill, Dep-Provera, IUD, etc.
- Can be “reversed” at any time

### Effective in Postponing Pregnancy

- Same range of effectiveness as the most effective artificial means (Pill, IUD, etc.)
- More effective than barriers

### Inexpensive

- Instruction in methods between \$60 and \$500, sliding scale available in all methods
- Pay back vs contraception is a few months

### Morally Right

- When used in the context of Responsible Parenthood
- Respects the integrity of the man and wife created in God’s image
- Contraception “must be excluded as intrinsically immoral” (Familiaris Consortio, 32)

### Good for Marriages and for Children

- Promotes communication, faithfulness, intimacy, mutual respect, chastity, love
- Helps parents appreciate children as gifts from God

#### Natural Family Planning series

St. Helen Church  
Sundays: 1—3 PM

February 5,  
March 12,  
April 2



For more information, contact Joe DeVet at [nfpflm@aol.com](mailto:nfpflm@aol.com) or 281.723.5686