

NATURAL FAMILY PLANNING:

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Family Planning Module: 4. Natural Family Planning (NFP)

Methods: View as single page

Natural Family Planning (NFP) is the general title for the scientific, natural and moral methods of family planning that can help married couples either achieve or .

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Natural family planning. This booklet gives information on how natural family planning can help you to avoid pregnancy. Fertility awareness involves being able.

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Natural family planning methods provide a unique option for committed couples. Advantages include the lack of medical adverse effects and.

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Natural family planning (or fertility awareness) is avoiding sex around the time of the month where you are fertile (most likely to get pregnant).

Related books: [Training Wheel Tarot: Overcoming Beginner's Anxiety](#), [Poker faces \(Italian Edition\)](#), [Getting Married Magazine](#), [Fourscore and More: The Times Of My Life](#), [Exploring Research Frontiers in Contemporary Statistics and Econometrics: A Festschrift for Léopold Simar](#).

This method is based on the assumption that ovulation takes place days before your period starts. The current evidence for effectiveness of natural family planning methods is limited to lower-quality clinical trials without control groups.

Contactafpservaafp.FamilyPlanningPerspective;222 When learning about NFP, it is important to know that:. Table 3.

EmergencyContraception.VisitourinteractivesymptomcheckerVisitour cervical mucus method or Billings method is based on the recognition and interpretation of changes in cervical mucus and sensations in the vagina, due to the effect of changes in oestrogen levels during the menstrual cycle.