



The Art of Natural Family Planning® Postpartum Student Guide

Couple to Couple League

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Natural Family Planning (NFP) is fertility awareness, the knowledge of a couple's fertility. It is a means of reading the body's signs of fertility and infertility. Applying this knowledge through the Sympto-Thermal Method (STM) is over 99% effective in postponing a pregnancy, and can be very helpful when trying to achieve one.

Many NFP couples find, however, that the transition time following the birth of a baby presents unique challenges as the woman's body adjusts hormonally to the birth and her method of baby feeding. With The Art of Natural Family Planning Postpartum Student Guide you will:

- Learn to recognize the hormonal changes in the transition from pregnancy back to normal fertility cycles
- Realize the benefits of exclusive breastfeeding for the first six months of your baby's life, and continued breastfeeding thereafter until child-led weaning
- Know all the various types of baby feeding and how each one affects the return of fertility
- Learn how to apply the rules and guidelines of NFP during the postpartum time, no matter what type of baby feeding you practice
- Make informed decisions regarding responsible parenthood and future pregnancies

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