



NFS Factsheet

Information on Natural Fertility Services

What is NFS?

Natural Fertility Services (or NFS as it's commonly called) teaches couples the Sympto-Thermal method of Natural Family Planning. This involves educating couples to recognise their fertility by learning to identify the fertile and infertile phases in a woman's menstrual cycle. This knowledge allows a couple to have sexual intercourse on the appropriate days to avoid or achieve a pregnancy naturally.



How does it work?

A man is presumed to be potentially fertile all the time, however a woman has limited days of fertility each month so she learns to identify her fertile time by observing the two main indicators of fertility – cervical mucus and changes in the basal body temperature. There are other secondary indicators of fertility to note.

How do you learn?

The most effective way to learn NFS is from an Accredited NFS Educator who instructs the couple about fertility, accurate charting procedure, then interprets the chart according to the rules necessary to achieve the desired outcome regarding pregnancy. Educators are Accredited with the Australian Council of Natural Family Planning (ACNFP), attend regular in-service and are reaccredited every two years.



How long will it take?

The initial consultation plus up to five follow-up consultations are included in one fee of \$125, however because each person is unique this is a general guide only. Clients can access the service face-to-face, via correspondence by mail and/or phone, and more recently via the internet. For a small re-contact fee a client may update information regarding a new or changed situation, for example post-hormonal contraception, breastfeeding, peri-menopause or different pregnancy intention.

How effective is NFS?

A study in Germany released in 2007 concluded that this method is comparable to the effectiveness of modern contraceptive methods like “the Pill” - without the side effects. This puts it in the realm of 99.6% effectiveness in avoiding or spacing a pregnancy. Effectiveness is dependent upon proper instruction, motivation of the couple and adequate follow-up with interpretation in the learning phase.

What are the benefits of leaning NFS?

- It is a scientifically based natural method which is drug free and has no side-effects - as many hormonal methods of contraception do.
- It increases knowledge of the male and female body, accepts the fertility of the other and gives a sense of freedom and empowerment.
- It has the potential to enhance communication between the couple, which is beneficial to any relationship.
- It is the only method of family planning (FP) which requires shared responsibility.
- There is a one off cost and the information can be used in all reproductive life situations.
- It is the only method of FP that can be used to achieve a pregnancy also.





Where can I learn?

You can learn about NFS at:

Centacare Rockhampton

10 Bolsover St, Rockhampton Q 4700

Phone: 07 49 376200 or
1800 114 010 (outside Rockhampton)

Noelle Melrose - NFS Coordinator

Email: noellem@centacare.net

Website: www.centacare.net and
www.acnfp.com.au



What have other people said?

*After spending over ten years on the contraceptive pill I was really looking for a natural alternative and found out about the Natural Fertility Services program through a good friend who had been using it for a few years. I used the method successfully to avoid pregnancy for over three years before deciding to start a family. I was really worried that falling pregnant would be challenging due to my age (being in my mid-thirties) and long term use of the contraceptive pill. However, to both my and my husband's surprise I fell pregnant at our very first attempt using the NFS method. I am now the proud mother of a beautiful 2 month old baby boy and I truly believe it is testament to the success and effectiveness of the NFS program. **Female, Rockhampton.***

*After conceiving my first child easily I had no idea that trying for a second baby would come with its difficulties. As time went on I began to feel a little powerless and realised I wasn't particularly in tune with my body. This led me to question a friend who I had discovered used Centacare as a resource to achieve a pregnancy. I contacted Centacare and was referred to their Natural fertility department for an appointment. Here I met with a very approachable, caring and professional consultant that led me on a journey of self discovery. I was taught many things about my body and were given the tools to continue on my path to achieving pregnancy. Combined with the methods I learnt from my consultant I was happy to find out several months later I was expecting my second child. I am aware Centacare's Natural fertility program is not a guaranteed solution to achieving pregnancy although it did improve my chances greatly as I armed myself with the facts and knowledge that in my circumstance led me to gain the success I yearned for. Since I have gone on to recommend Centacare's Services to a friend who has also achieved her first successful pregnancy. **Female, Rockhampton***

