

## **NFP Methods Taught in the Charlotte Diocese**

### **Boston Cross Check (BCC)**

Waking temperature and electronic hormonal monitoring are emphasized while simple cervical fluid observations and other biological signs serve as a cross-check. This method is a great postpartum choice for women who don't feel equipped to interpret their fluid patterns postpartum.

Website and Instructor Training: <https://www.bostoncrosscheck.com/>

### **Couple to Couple League (CCL)**

Measurement of the woman's waking temperature and other biological signs serve as a cross-check for cervical fluid. CCL encourages embracing NFP as a lifestyle and provides support for families, including the publication *Family Foundations*.

Website: [www.ccli.org](http://www.ccli.org)

Instructor Training: <https://ccli.org/do-more/volunteer/teach/>

### **Creighton Model FertilityCare System (CrMS)**

The fertile time is observed by checking the characteristics of cervical fluid. CrMS teachers are health professionals. There is a special emphasis on monitoring and maintaining procreative and gynecologic health. This method is associated with the science of NaProtechnology, which provides medical and surgical treatments that cooperate completely with the reproductive system. Couples who are having problems achieving pregnancy may find this method especially helpful.

Website: [www.popepaulvi.com](http://www.popepaulvi.com)

Instructor Training: <http://www.popepaulvi.com/education>

### **Fertility Education and Medical Management (FEMM)**

Waking temperature and other biological signs serve as a cross-check for cervical fluid. Hormonal monitoring is available. There is a strong health focus, and the free app can be programmed to chart for health reasons alone. There is a teen program that focuses on menstrual cycle awareness and health.

Website: [femmhealth.org](http://femmhealth.org)

Instructor Training: <https://femmhealth.org/professional-education/>

### **Marquette Method (MM)**

#### **Marquette University College of Nursing Institute for NFP**

Teachers are health professionals. Waking temperature and other biological signs serve as a cross-check for cervical fluid. The added feature of electronic hormonal monitoring is available, or hormonal monitoring in conjunction with an algorithm is an option for cycle tracking. This method is a great postpartum choice for women who don't feel equipped to interpret their fluid patterns.

Website: <https://www.marquette.edu/nursing/natural-family-planning-model.php>

Instructor Training: <http://www.marquette.edu/nursing/natural-family-planning/teacher.shtml>

**All of these methods provide support or additional courses for common transitions, such as postpartum and perimenopause.**