



The Art of Natural Family Planning Transitions Student Guide

Couple to Couple League

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Many NFP couples find the transition times after the birth of a baby or leading up to menopause present unique challenges as the woman's body adjusts to hormonal changes. The Transitions Student Guide outlines fertility awareness during the postpartum and premenopause transitions. You will: learn to recognize the hormonal changes in the transitions from pregnancy back to normal fertility cycles and from premenopause to menopause; learn how to apply the rules and guidelines of NFP during the transition times; understand the effects of the premenopause transition on fertility; 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.

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