



Teachers in Training!



We currently have four couples and two women training to teach the Ovulation and Symptothermal methods of NFP. They are making monthly trips to the NFP Teacher Training Institute in the Cleveland diocese and are expected to complete training by November.



Ecological Breastfeeding

"Attention should be given to the positive benefits of breastfeeding for nourishment and disease prevention in infants as well as for maternal bonding and birth spacing."

-John Paul II, Address to International Conference on Population and Development, March 18th, 1994.

otherwise. The book covers the topic of Ecological Breastfeeding (EB). EB is essentially the use of breastfeeding to extend the unfertile time after birth in order to space babies.

In their book, the Kippleys divide breastfeeding into three categories: Cultural breastfeeding (referring to westernized culture), exclusive breastfeeding and EB.

Cultural breastfeeding essentially involves the use of pacifiers and bottles. The baby may receive formula and the mother often has the goal of getting the baby to sleep through the night. Exclusive breastfeeding refers to the baby receiving only mother's milk for the first six months of life directly from the breasts without the use of pumps or bottles. In addition to exclusively breastfeeding

the infant, a mother who uses EB does not use pacifiers, allowing the baby to suckle for both nourishment and to pacify. The mother also sleeps with and nurses the baby during nap time and through the night.

While this form of breastfeeding may not be practical for some mothers, especially those who work full or part-time, it may be of interest to some TLC readers. For those who wish to find out more about Ecological Breastfeeding, the complete book can be downloaded for free at: www.nfpandmore.org/nfphowto.shtml



TLC Mail

Dear TLC,
I had to take an antibiotic which then caused a yeast infection, so the week of my period I was taking both these medications. I think I ovulated early this month. I am under stress because my wedding is coming up. How can I be sure if I ovulated or not.
J.W.

Check with your doctor or pharmacist regarding your specific medications and how they may affect mucus glands.

To confirm that you have ovulated it would be necessary for you to have taken your basal body temperature. A significant shift in the temperature after ovulation does confirm ovulation.

With the Ovulation Method women do not take their basal body temperature. These women observe their other body signs that indicate ovulation occurred. These signs include changes in breast and pelvic area due to the presence of progesterone (present after ovulation). Also changes in mood can be recognized after several cycles. After several cycles couples become confident in recognizing these signs.

Illness AND stress could cause a stop in ovulation. Cervical mucus may appear again later in the cycle and this time ovulation could occur. Since you are not sure if ovulation occurred or not, continue with the Early Day rules until you are confident of either having ovulated or bleeding occurs which require abstinence until the evening of the fourth day after the bleeding stops.



Please send topics, articles, questions, and suggestions to me via e-mail at jndorsten@gmail.com