

Family Planning Resources

Barrier Methods

Natural Condoms

Sustain Natural

https://www.amazon.com/Sustain-Natural-Latex-Condoms-Nitrosamine/dp/B015RN27T6/ref=sr_1_1?dchild=1&keywords=natural+condoms&qid=1599694351&sr=8-1

Diaphragms

Caya

https://www.amazon.com/Caya-Single-Size-Diaphragm-MedIntim/dp/B018OSEGNQ/ref=sr_1_1?dchild=1&keywords=caya&qid=1599694955&sr=8-1

Contragel

https://www.amazon.com/ContraGel-Green-Contraceptive-Gel-60ml/dp/B00ZMWSGOS/ref=sr_1_4?dchild=1&keywords=caya&qid=1599694979&sr=8-4

Fertility Monitors for Breastfeeding

TempDrop

Fertility Monitors for non-breastfeeding

LadyComp

Daysy

Fertility Awareness Method (FAM)

Creighton model

Chart Your Cycle www.melissabuchanan.com

Natural Family Planning Methods

Marquette Model: Uses ovulation test kits and electronic fertility monitors

Sara Flood NFP instructor www.nfpcoach.com.

Other resources

Taking Charge of Your Fertility (book)

www.naturalwomanhood.org