



Republic of the Philippines
Department of Health
COMMISSION ON POPULATION
Welfareville Compound, Mandaluyong City

PRESS RELEASE

May is Natural Family Planning Month

“Think Health, Space Births Naturally”

This is the theme for the celebration of Natural Family Planning for the month of May as the Commission on Population (POPCOM), and the Department of Health (DOH), in cooperation with the Local Government Units (LGUs), have lined up several activities in four different barangay health centers in Metro Manila to celebrate the event.

Medical doctors and health, as well as population officers conducted the orientation of Natural Family Planning among various participants who attended together with their children, and some tagged along their husbands. Community sessions were held in four barangays namely Barangay Mauway in Mandaluyong City, Payatas in Quezon City, Bagong Silang Phase 1 in Caloocan City, and Baseco, in Metro Manila.

Linking current issues on the price of commodities, particularly rice and other basic goods, the alarming increase in the cost of production -- which makes use of diesel in the process – and the growing population in the country, Barangay Mauway FP Medical Coordinator Dr. Brennan Cosio said that, “natural family planning is acceptable to the doctrines of the Church. NFP also improves the mode of communication between couples in making a mutual decision in spacing births and planning for the number of children to have in their family.”

Couples can choose from the different NFP methods such as Lactational Amenorrhea Method (LAM) or commonly referred to as exclusive breastfeeding, Basal Body Temperature (BBT), Standard Day Method (SDM), Billings Ovulation Method (BOM), among others, some of which involves very minimal or no cost at all.

Some of the participants, mostly of whom are young mothers, gave testimonials on different Natural Family Planning methods which they used in

spacing births. The exclusive breastfeeding method or LAM proved to be effective to some mothers in spacing births, and some mothers were happy to share that this method, without having to spend for formula milk, is as practical and helpful economic-wise as they were able to allocate such budget for milk to other household goods which the family needs.

The Standard Days Method or SDM, on the other hand, is also as effective in observing the fertile days of the wife, thus, couples are able to have mutual respect and shared decision in wanting to have a small number of children in their family.

The Natural Family Planning month celebration was capped with games and prizes given to mothers who actively participated in the event, while other participants were encouraged to visit their nearest health centers for further information on NFP.#