

[NFPTAI Home](#)

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Ireland's No. 1 source of accredited information on natural family planning (NFP), provided by the NFPTAI (Natural Family Planning Teachers of Ireland).

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Avoiding pregnancy

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Achieving pregnancy

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Factors necessary to achieve pregnancy

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Coming off the pill

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The Fertility Cycle

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What is meant by Fertility Awareness?

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Coming off the pill

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The Menstrual Cycle

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A key fertility sign

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