

Learn from a Registered Nurse

Get to know your body!

KNOWLEDGABLE

All Marquette instructors are required to be healthcare professionals and study under the Institute for Natural Family Planning at Marquette University. I have experience as a certified pediatric and postpartum nurse since 2018 and have been teaching the method since 2021.

RESPONSIVE

I will be available by email or text message to you whenever you have questions! Except for rare times where I am "out of the office," I will get back to you within 48 business hours - usually sooner.

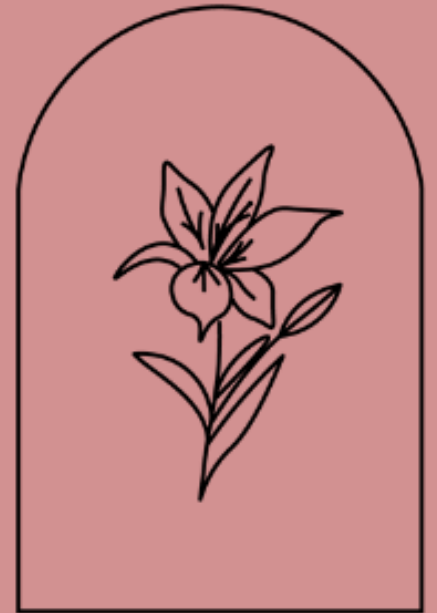
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EDEN'S GIFT
NATURAL FAMILY PLANNING

Marquette Method NFP

What is the Marquette Method?

The Marquette Method of NFP (Natural Family Planning) is a fertility awareness method that uses urinary hormones to help identify your fertile window. There are also optional mucus and basal body temperature guidelines for even more personal data! This knowledge can help you avoid pregnancy, achieve pregnancy, and can help identify underlying health issues.

INTRO CLASS

\$125

For those new to NFP or who have never taken a Marquette Method class. Includes an approximately one hour class and designated follow ups at 1 month and 6 months. Perfect for marriage preparation!



POSTPARTUM CLASS

\$50

For those who have previously taken a Marquette Method class but need a refresher or to learn the PP breastfeeding protocols. Includes postpartum class and designated follow ups at 1 and 6 months.

INTRO + POSTPARTUM CLASS

\$175

For those new to NFP or the Marquette Method and who will be using the method PP while breastfeeding. Includes the one hour intro class, plus review of postpartum protocols, along with designated follow ups at 1 month and 6 months.

Most classes are held virtually via Teams and are one on one, so you can ask any questions without hesitation. I also hold quarterly in person classes in the DC area. All classes include all handouts, charts, and unlimited follow ups for 6 months.

MIRA CLASS

\$200

For those interested in learning the tentative protocols for the Mira fertility monitor – whether breastfeeding, in regular cycles, TTA, or TTC.

CONSULTATION

\$50

For those who have previously taken a Marquette Method class but who are in need of an instructor for chart reviews or questions. Includes 6 months of unlimited follow ups and availability.

Looking for something else? Have questions? Reach out!

leahchatton@gmail.com