

Timing

Timing (also known as charting your fertility or the fertility awareness method), is something you must know if you are trying to conceive naturally and you want to make sure that you are trying to conceive at the right time in your cycle, that is when you are fertile and ovulating. When it comes to a successful conception, getting the timing of intercourse correct is one of the key factors and one of the most common reasons why a normal, healthy couple don't seem to be able to become pregnant. An Australian study found that 70% of women thought they know how to accurately pinpoint their fertile window when in fact only 13% of the women in the study accurately knew how to do this.

If you answer 'no' or 'not sure' to any of the questions below, you could benefit from learning how to chart your fertility. If you learn more about your menstrual cycle and how to identify non-fertile and fertile cervical fluid, know how to identify your fertile window, and learn to pinpoint when ovulation is approaching, it has been shown that pregnancy rates significantly increase.

1. Do you have sex at least 3 times a week on average?
2. To become pregnant in any given cycle do you always time intercourse to coincide with the two days before you ovulate or the day of ovulation?
3. Do you know how to identify when your fertile window is in each cycle?
4. Do you know how to identify when you are about to ovulate in a cycle?
5. Do you know what fertile cervical fluid looks and feels like?
6. Do you know what non-fertile cervical fluid looks and feels like?
7. Do you always take notice of your cervical fluid patterns to pinpoint when you are producing fertile cervical fluid so that you can time intercourse around this time to maximise a conception occurring?
8. Do you know how to take your basal body temperature?
9. Do you have a regular menstrual cycle that is between 26 and 33 days?
10. Is your luteal phase long enough for implantation of a fertilised egg to occur?
11. Are you aware that you may be ovulating much earlier or later than day 14 in your cycle?
12. Are you aware that ovulation prediction kits and similar devices only tell you that you might ovulate, they don't confirm that you did ovulate in a cycle?
13. Do you know how to chart your cycle by observing and recording both your cervical fluid and basal body temperature?
14. Do you use a charting APP or a manual chart to help you chart your fertility?
15. Do you feel confident that you can interpret your chart data and what it means in relation to your fertility status at any given time in your cycle?