



# Natural Family Planning International

## THE NFPI HOME STUDY COURSE

**What is it?** The NFPI home-study course is a convenient way for couples to complete an NFP course for self-instruction and as a normal part of preparation for marriage. We believe that anyone who reads and understands English at the 9<sup>th</sup> grade level can self-instruct from the NFPI manual.

### What will you do and learn?

In the NFPI Home Study Course, you will—

- Study the NFPI manual, *Natural Family Planning: The Complete Approach*.
- Learn how to observe, record, and interpret the signs of female fertility.
- Apply that knowledge to determine the fertile and infertile times of the cycle.
- Learn about the natural spacing of births with ecological breastfeeding.
- Learn Catholic teaching about love, marriage, sexuality and responsible parenthood.
- Understand that teaching in terms of the Christian marriage covenant.

### What's the process?

You will complete a series of three tests based upon the NFPI manual, *Natural Family Planning: The Complete Approach*. We will send you one test at a time. You will answer the questions or apply rules based on the readings. After you have successfully completed the first test, we will send the second test. When you successfully complete the second, we will send the third test.

**Certificate of Completion.** When you show a working knowledge of NFP and Catholic teaching on this subject by the completion of the above, we will send you a course certificate. If you fail to show a working knowledge of NFP and Catholic teaching on this subject at a certain date, NFPI is obliged not to grant a course certificate. ***The subject matter is not intellectually difficult***, and NFPI will work with you until you acquire a working knowledge as demonstrated by charting and answering the basic questions in the tests.

**When to start.** For marriage preparation, you need to start **at least** six months before the wedding date.

**How to get started.** You send a donation of \$70 or more (payable to NFP International) to: NFP International; P. O. Box 11216; Cincinnati OH 45211. Or, at [www.NFPandmore.org](http://www.NFPandmore.org), you go to And More on the left side of the Home Page, click on "Please Donate," and use PayPal for your donation. If you choose PayPal to donate, please use "contact us" at our site to notify us that you donated and are ready to start the Home Study Course.

- Upon receipt of the donation, the first test will be sent. If the other party of the engaged couple is required to take the course separately due to living in a different city, an additional \$50 donation is requested since the extra testing requires additional time and effort for review and comment.
- Purchase a quality digital basal thermometer. See Books/Thermometer at the **And More** section on the left side of the NFPI Home Page, [www.NFPandmore.org](http://www.NFPandmore.org).
- Obtain *Natural Family Planning: The Complete Approach* in one of two ways:
  1. Purchase the manual at [www.lulu.com](http://www.lulu.com). We recommend the **coil** (spiral) edition—it lies flat.
  2. Download it for free from the Home Page of [www.NFPandmore.org](http://www.NFPandmore.org). Use 3-hole paper and a binder.
- Download free charts from the NFPI Home Page.