



# Natural Family Planning International

## THE NFPI HOME STUDY COURSE

**What is it?** The NFPI Home Study Course is an excellent and convenient way for couples to complete an NFP course for self-instruction and for marriage preparation.

### What will you do and learn?

In the NFPI Home Study Course, you will—

- Read 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 achieve or avoid pregnancy.
- Learn about the natural spacing of births with ecological breastfeeding.
- Learn Catholic teaching about love, marriage, sexuality, and the family.

### 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 based on a few chapters in the manual. Then you will show that you can interpret charts.

**Certificate of Completion.** When you complete the course, NFPI will send you a certificate.

**How to get started.** **1.** Please donate \$70 using PayPal at [www.NFPandmore.org](http://www.NFPandmore.org). In the left-hand **And More** column of the Home Page, click “Please Donate.” Or send a \$70 check (payable to NFP International) to NFPI, P. O. Box 861, Steubenville OH 43952.

**2.** Please notify NFPI at [nfpandmore@nfpandmore.org](mailto:nfpandmore@nfpandmore.org) that you are ready to start the course or leave a message at PayPal. We will send you the first test soon after we receive this notification.

### • Obtain *Natural Family Planning: The Complete Approach* in one of two ways:

1. At [www.NFPandmore.org](http://www.NFPandmore.org) under the image of the manual, select **To purchase a published copy**. We recommend the **coil** (spiral) edition for practical use because the coil edition lies flat. The printed manual costs only about \$10 more than the downloaded manual and will last for years.

2. Or you can download the manual. At the website above, underneath the image of the manual, select **To download this NFP manual**. Use 3-hole paper and a binder. It has 156 pages.

• **Free charts** can be downloaded at the NFPI Home Page.

• A **basal digital thermometer** is available at the left-hand **And More** column of the NFPI Home Page. You might also be able to get a good quality basal thermometer at your local pharmacy.

“In this course there is a multitude of information that as non-parents we were unaware of.” —Texas

“The combination of technical skills and moral and spiritual discussion was very informative and useful. We had never even heard of ecological breastfeeding, so that was amazing new information.” —Illinois

“This has been very helpful, and I will be honest. At first we were not very interested in this at all. But now that we have read this manual and had discussions with each other, we both agree that this information is something we will be using.” —Arkansas