



# NATURAL FAMILY PLANNING

## Build Stronger Marriages, Families & Parishes!

Fertility education is a means to teach the incomparable dignity of the human body as the expression of the human person. Taught in the context of theology of the body and theology of the family, fertility appreciation and Natural Family Planning lead to respect, responsibility, and generosity.

- Fertility appreciation provides children, single adults and couples a better understand of their sexuality and the means to live chastely.
- Couples using NFP are more open to life and to Church teaching.
- Couples using NFP have a lower divorce rate.\*
- Parents using NFP find it helps in explaining sexuality to their children.\*\*
- Children build a foundation for lifelong learning, respect, and care for their bodies.

## Strengthen parish ministries:

Marriage Preparation & Enrichment  
Baptism & RCIA  
Men's & Women's Groups  
Teen & Young Adult Programs  
Family, PSR & School Programs

## Training and support are available for your parish:

Jennifer Fullin, Natural Family Planning & Fertility Appreciation Specialist  
Marriage & Family Life Office  
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\*The influence of contraception, abortion, and natural family planning on divorce rates as found in the 2006-2010 National Survey of Family Growth. Linacre Q. 2015;82(3):273-82. \*\*Unsel, Matthias et al. "Use of Natural Family Planning (NFP) and Its Effect on Couple Relationships and Sexual Satisfaction: A Multi-Country Survey of NFP Users from US and Europe." Front. Public Health (2017).

# Build stronger marriages, families and parishes through Fertility Appreciation & NFP Ministry

## **What is involved in getting someone from my parish trained as an NFP teacher?**

1. The parish identifies a teacher candidates and connects them with the Marriage & Family Life Office.
2. The NFP & Fertility Appreciation Specialist helps candidates find training that fits their experience, learning style and schedule.
3. Teacher candidates participate in a training program, which involves study, practice teaching, and testing.
4. Once training is successfully completed, newly certified teachers collaborate with their parish and diocese to offer local fertility appreciation and NFP ministry.

## **Who can be trained to teach Fertility Appreciation and NFP?**

Prospective teachers should be Catholic and currently practice or philosophically accept NFP. Single individuals or married couples can become NFP teachers. Some NFP teacher training programs certify only health professionals, while other training programs do not require any specific experience or education. NFP teacher training is available in many languages.

## **How much does training cost and who pays for it?**

Training costs vary considerably among NFP teacher training programs, depending upon whether professional certification or continuing education credit is included. Health professionals or their practice sometimes pay for their NFP training. Otherwise, a parish or deanery typically pays for a parishioner or couple to be trained so they can serve locally. The Marriage and Family Life Office seeks to make NFP education attainable to all parishes, particularly those on the peripheries of the diocese or where NFP ministry is absent, through the ***Diocesan NFP Teacher Training Sponsorship Program***. The sponsorship pays partial/full training costs of a teacher candidate who agrees in turn to provide at least two years of NFP ministry. Contact Jennifer Fullin, NFP & Fertility Appreciation Specialist, for details.

## **Are NFP teachers paid or volunteer?**

NFP teachers typically charge their clients for materials, instruction and follow-up; these fees may be covered under the individual's health insurance. Some teachers provide their services voluntarily, yet incur costs such as travel expenses or paying for a babysitter. It is recommended that at least a small fee be paid for by participants, which encourages them to "buy into" the program more actively.

## **What assistance can the Marriage & Family Life Office provide?**

The Fertility Appreciation & NFP Specialist can provide information about different NFP methods and teacher training, offer support to teacher candidates as they train, coordinate and promote NFP classes, and provide opportunities for continuing education.