

# Introduction

## How to Use the Guide

The *Guide for Natural Family Planning Trainers* was developed to assist you in planning, conducting, and evaluating Natural Family Planning Instructors Training Courses.

It has been written specifically for NFP trainers, those who teach and certify NFP instructors. The Guide has all the basic content necessary for effective training of natural family planning instructors, with suggested methods for teaching this content. Because the Guide is meant to assist you with your training courses, you should feel free to modify it so that it meets your needs. It can, of course, also be used without modification, as your primary training resource.

For the purpose of this Guide, we have defined “course” as a series of instructional classes and evaluation procedures conducted for the purpose of training NFP instructors. An NFP instructor is a person who has successfully completed an NFP Instructors Training Course and is able to teach others how to use NFP.

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### The Training Course in This Guide

The Guide is based on a ten-day NFP Instructors Training Course. Our Course is divided into the *Introductory Session* and *Advanced Session*. Each consists of five days of classroom teaching.

The *Introductory Session* includes information ranging from reproductive anatomy and physiology and fertility awareness to the use of the cervical mucus, symptothermal, basal body temperature, and calculation/temperature methods of natural family planning. *Fertility Awareness* is defined as an approach to teaching about reproduction that focuses on self-knowledge about fertility, the infertile and fertile days of the menstrual cycle, and the combined fertility potential of the woman and man. During the Introductory Session,

time is also allocated for discussion of advantages and disadvantages of NFP. Practice teaching and development of teaching strategies are included as well. The *Advanced Session* includes information about special circumstances, such as use of NFP by breastfeeding and premenopausal women. It also includes information on pregnancy achievement, infertility, and abstinence. NFP service delivery planning and client autonomy are also discussed, and time is allotted for practice teaching.

It is recommended that the two five-day sessions be offered two to three months apart to allow adequate time for completion of homework assignments by participants. We suggest that participants complete the following homework assignments after attending the *Introductory Session* and before the *Advanced Session*.

- Review all materials given to them during the *Introductory Session*.
- Prepare a teaching outline about NFP that they will use when they conduct their practice teaching and when they instruct clients.
- Begin practice teaching with staff at their workplaces and/or with friends or family.

In addition to completion of the classroom sessions and homework, participants are expected to pass a final test. Ideally, the final test should consist of two parts. The first part enables you to determine the participants' level of understanding of NFP content and ability to interpret case histories of NFP users. It can be offered in written or oral form depending on the literacy level of the participant. The second part is oral testing, usually conducted to evaluate the participant's ability to teach natural family planning effectively and correctly. Preferably, the oral test is conducted within three months after the end of the classroom sessions of the NFP Instructors Training Course.

## **What Is Included in This Guide?**

The Guide begins with basic information about NFP and training, including a discussion about effective communication and how to plan for and evaluate a Training Course.

An *Agenda* and a detailed *Training Outline* or plan for conducting the Course follows. For the purpose of this Guide, the term "outline" is used to represent a plan for the NFP Instructors Training Course that includes training times, objectives, content, and methods of instruction and evaluation. Materials and resources for the Course are also included. An agenda is a list of general content areas that

will be discussed during each day of the Course. The amount of time spent discussing content and conducting activities is often included.

Next come the *Activities*. These are training exercises designed to help participants learn information effectively. Some of these exercises include interpretation and completion of NFP charts. Many of the charts used in this Guide were developed by the World Health Organization and BLAT Centre for Health and Medical Education for use in its publication *Family Fertility Education: A Resource Package for Teachers of Natural Family Planning*.

*Activity Worksheets* for use by participants are included as well. These are case histories and questions participants will be asked to complete at various times throughout the Training Course.

*Trainer's Notes* have also been developed to provide you with a summary of the major content areas to be discussed during the Training Course and specific steps are included to assist you in designing your own training course. *Appendices* and a *Bibliography* complete this Guide.

Because the Guide has been developed for trainers who have knowledge and experience in teaching NFP, it includes only general information about reproduction and natural family planning and training. A list of resources in the Bibliography is provided for the trainer who wishes to learn additional information about NFP and the process of training and evaluation.

We hope that this Guide will enable you to enhance your NFP Instructors Training Course, with the ultimate goal of improving the quality of NFP programs, those service delivery systems that include outreach, instruction of NFP clients, evaluation, and data collection.