

STANDARD DAYS METHOD WEBINAR



PRACTICUM COMPONENT FOR NFP TEACHERS

OPTION 1

NFP Teachers completing the Standard Days Method (SDM) Webinar Course, and who are interested in receiving a certificate of completion must complete the practical training portion of the course. Course participants have two practicum options: (1) either provide the method to a couple interested in using one of these methods or; (2) offer an information session to a group of potential women or couples interested in a NFP method. Following are instructions for completing either one of the practicum options to apply for a certificate of completion of the full Webinar Course.

PRACTICUM OPTION 1: Teaching the method to a couple

The purpose of this activity is to practice describing to an interested couple how the method works, applying the eligibility criteria and explaining when to start using the method.

Preparing to teach the method to a couple

- Use the *SDM Screening Checklist* to review the method criteria first and then while helping the couple decide if they meet these criteria to start using the method.
- Watch a video clip of how CycleBeads work (http://naturalfp.com/SDM_Webinar.html) to see what are the key messages to convey to the couple, and
- Review the *CycleBeads Cue Card* or the instructions for use, both of which include essential information to convey about the method.

Teaching the method to a couple

- Explain to the couple the NFP methods that are available.
- If the couple opts for SDM, use the Screening Checklist to determine with the couple if the method is appropriate for them.
- Teach how the method works using the Cue Card or the CycleBeads instructions.
- Provide materials necessary to use the method and information on where to get CycleBeads.
- Explain when to contact the NFP Teacher.
- Schedule a follow-up visit to learn how the couple is using the method, as a way to evaluate how well your NFP teaching session enabled them to use the method correctly.

Self-evaluating your teaching

- To monitor how much of the essential information you have covered during the teaching session, complete the self-evaluation form.

Completing certification

- To receive a certificate of course completion, please submit the self-evaluation form to [info@naturalfp.com@gmail.com].
- Course participants have two months from the registration date to submit their form.

| **APPENDIX**

SDM Screening Checklist and CycleBeads Cue Card (can be found in your course materials)
CycleBeads Instructions for Use (included in the beads packet)
Self-Evaluation Form for Practicum