

How well do you know the Catholic faith? Well, let's find out..."

My child came home with this question from the school. Why are all methods of preventing the conception of a child not equally good?

- A) The Church doesn't have any recommendation. The Couple can choose their methods.
- B) The Church doesn't recommend and permit any methods of preventing the conception of a child.
- C) The Church recommends the refined methods of self-observation and natural family planning (NFP) as methods of deliberately regulating conception. These are in keeping with the dignity of man and woman; they respect the innate laws of the female body; they demand mutual affection and consideration and therefore are a school of love.

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One day with my family we had a discussion about children and the question came up: ***How many children should a Christian married couple have?***

A) Every Conference of Catholic Bishops should say how many children a Christian married couple should have. Canadian Bishops said that at least seven.

B) The Church feels that this is not her job to talk about it.

C) A Christian married couple has as many children as God gives them and as they can take responsibility for. (CCC 2368-2389, 2399)

Sometimes social, psychological, and medical conditions are such that in the given circumstances an additional child would be a big, almost superhuman challenge for the couple.

Hence there are clear criteria that the married couple must observe: Regulating births, in the first place, must not mean that the couple is avoiding conception as a matter of principle. Second, it must not mean avoiding children for selfish reasons. Third, it must not mean external coercion is involved (If, for example, the State were to decide how many children a couple could have).

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