



Most of us do not learn about babies or parenting until we have our own.

The Nurse-Family Partnership is a program for women who are having their first baby.

When you enroll in the program, a specially trained nurse will visit you at home throughout your pregnancy and until your baby is 2 years old. These services are provided at *no cost* to you.

For more information about the New York City Nurse-Family Partnership or to enroll, Call 311.



# Are You Pregnant With Your First Baby?



The NYC Nurse-Family Partnership Can Help



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NEW YORK CITY DEPARTMENT of HEALTH and MENTAL HYGIENE

## Your nurse will work with you to:

- Help ensure a healthy pregnancy and a healthy baby.
- Help you build a strong support network of family and friends.
- Help you make your home a safe place for your baby.
- Help you set goals for your own life.
- Provide guidance in continuing education and getting a job.
- Make referrals for health care, child care, mental health care, job training, and other services available in the community.

## What happens during the visits?

A lot of what happens depends on you. Your nurse will listen to your needs and concerns. She will provide support for you in your new role as a parent.



## How often will I meet with my nurse?

Your nurse will visit every 1 or 2 weeks during your pregnancy and until your baby is 2 years old. You and your nurse will decide the exact schedule.

## Who can join the program?

- Any woman can enroll who is pregnant with her first baby and meets low-income requirements.
- You can join whatever your age or immigration status.
- You can join as early in your pregnancy as you like – but *no later* than your 28<sup>th</sup> week.

## Is the Nurse-Family Partnership just for moms, or can fathers be involved, too?

- Because the mother carries the baby and is the first one to take care of the baby, it is the mother who enrolls in the program, and the main person the nurse visits.
- The program encourages fathers, family members, and even friends to be involved.
- How much others get involved is something you and your nurse will decide together.



## Does the program cost money?

No! It is completely free to every woman who is eligible to join.

## How do I sign up?

It's easy. To find out if you're eligible (or for more information), call 311 and ask for the Nurse-Family Partnership.