



Having your first baby?

You can have your own personal nurse!

“What do babies need?”

“Will I be a good mom?”

“How will this change my life?”

“How will I take care of my baby?”

“What do I tell my family and friends?”

“Should I breastfeed?”

With **New York City Nurse-Family Partnership** (NYC NFP), your own personal nurse will answer your questions and provide valuable information and guidance. They will support you to **have a healthy pregnancy and a healthy baby**, and to **be the best mom you can be**. NYC NFP won't cost you anything and is available regardless of your age, immigration status or gender identity.

For more information, ask your health-care provider, visit nyc.gov/health/nfp, email nycnfp@health.nyc.gov or call 311 and ask for **Nurse-Family Partnership**.

