



Congratulations on having your first baby!

As a first-time mother, you probably have a lot of questions.

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.

How does it work?

You will meet with your nurse regularly to talk about pregnancy, parenting, your child's health and development, and whatever else is on your mind as a first-time parent. Your nurse will support you to:

- Know what to expect during pregnancy and childbirth
- Learn how to take care of your baby (feeding, bathing, safe sleep and more)
- Understand how babies learn and grow
- Connect with other resources and services, like health insurance, mental health care, child care and educational programs
- Achieve personal goals, such as continuing your education or developing job skills
- Give your baby the best possible start in life

Who can sign up for NYC NFP?

Anyone in New York City who:

- Is 28 weeks pregnant or less with their first baby
- Meets income requirements

Who else can participate?

As the mom, you are the main focus, but family members, partners, friends and your baby's father are welcome to join you.

What happens now?

An NYC NFP representative will contact you in the next few days to schedule a time for you to meet your nurse. After that, you can decide if you want to sign up.

Just remember, you must **sign up by the end of your 28th week of pregnancy**.

How do I find out more?

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

