



Having your first baby?

**You can have your own
personal nurse!**



**Nurse-Family
Partnership**

Helping First-Time Parents Succeed®

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

“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 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.

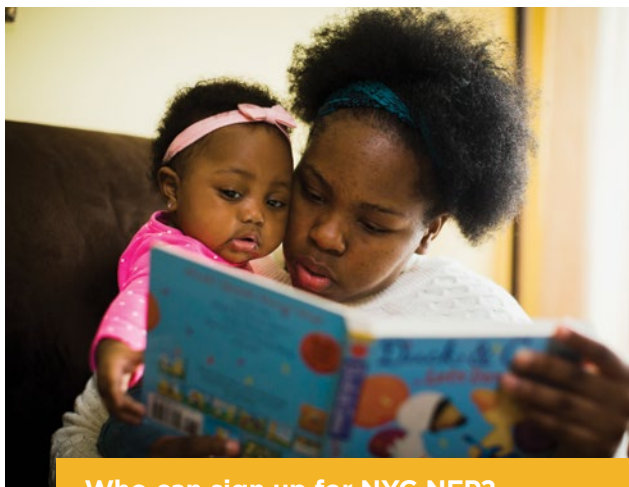
How does it work?

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.



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**.