

My Nurse



continued...



LISTEN, KIM. WHEN I HAD CARLITO, I GOT MY OWN NURSE FROM NYC NFP, THE NEW YORK CITY NURSE-FAMILY PARTNERSHIP.

SHE WOULD COME TO MY APARTMENT A FEW TIMES A MONTH AND WE'D TALK ABOUT THINGS TO DO FOR A HEALTHY PREGNANCY AND A HEALTHY BABY.



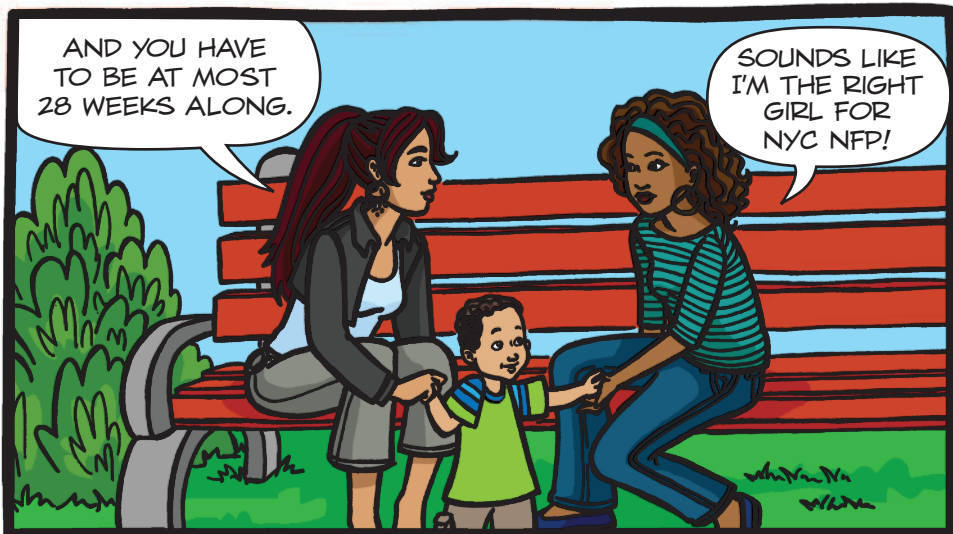
WHAT ELSE?

WOW! THERE'S SO MUCH TO LEARN. LIKE EATING RIGHT, GIVING BIRTH, AND FEEDING THE BABY. I WAS SCARED BUT I ALWAYS HAD HER SUPPORT.



WHEN I WAS READY, SHE HELPED ME FIGURE OUT HOW TO GO BACK TO SCHOOL AND GET A JOB.





THE NEXT DAY...

NO, NO, *NO!*

YOU ARE
NOT BRINGING
SOME NURSE
INTO MY
HOUSE TO
RAISE MY
GRANDBABY!

I TOLD YOU, MAMA.
I'M GOING TO LEARN
HOW TO TAKE CARE OF
MY BABY MYSELF.

HMMMPH...

SO WHAT'S THIS NURSE
GOING TO TEACH YOU?

LOTSA STUFF.
LIKE NOT GETTING
STRESSED.





KIM THINKS ABOUT GETTING
HER OWN PERSONAL NURSE.



FINALLY, SHE DECIDES TO SIGN UP AND...



AFTER A HEALTHY BIRTH, KIM AND BABY KEISHA ARE GETTING TO KNOW EACH OTHER.

LOOK AT THAT HUNGRY LITTLE KITTEN. KIM, DO YOU REMEMBER HOW TO HOLD HER TO BREASTFEED?

MAKE SURE KEISHA'S MOUTH IS WIDE OPEN...

...BEFORE YOU PUT YOUR NIPPLE IN, SO SHE CAN LATCH ON GOOD.

THAT'S IT. YOU'RE DOING GREAT!

ISN'T SHE DOING GREAT, MRS. GOMES?

WELL YES... SHE IS!

NOW WHERE ARE MY MANNERS?

YOLANDA, WOULD YOU LIKE A CUP OF COFFEE?

TIME FLIES...

HAPPY BIRTHDAY, DEAR KEISHA, HAPPY BIRTHDAY TO YOU!!



I CAN'T BELIEVE I'M THE MOTHER OF A ONE-YEAR-OLD.

AND KEISHA'S THE CUTEST KID ON THE BLOCK—LOOKS JUST LIKE HER HANDSOME DADDY.

THE HEALTHIEST, TOO.



I'M PROUD OF YOU, KIM. AND PROUD YOU'RE GOING BACK TO SCHOOL.

I'M KINDA PROUD OF ME TOO.

MA-MA!
MA-MA!!





Your NYC NFP nurse will support you to:

- **Know what to expect during pregnancy and childbirth**
 - **Learn how to take care of your baby**
 - **Understand how babies learn and grow**
- **Connect with other resources, like health insurance, mental health care and day care**
- **Achieve personal goals, such as continuing your education and developing job skills**
- **Give your baby the best possible start in life**

IF YOU'RE 28 WEEKS
PREGNANT OR LESS
WITH YOUR FIRST BABY
AND MEET INCOME
REQUIREMENTS...

...YOU CAN
HAVE YOUR OWN
PERSONAL NURSE!

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.

