



Are You  
**Pregnant**  
with Your  
**First Baby?**

**NYC Nurse-Family  
Partnership Can Help**





Now that you're pregnant with your first baby, you probably have a lot of questions.

“Will I be a good mom?”

“Is it normal to feel tired?”

“Should I breastfeed?”

“What will I do if my baby won't stop crying?”

NYC Nurse-Family Partnership (NYC NFP) can help you with these and other pregnancy and parenting concerns.

When you enroll in NYC NFP, a specially trained nurse will visit you during your pregnancy and until your child is 2 years old. The program is voluntary and provided at no cost to you.

## What happens during the visits?

Your NYC NFP nurse will listen to your concerns and support you through pregnancy and in your new role as a parent. She will help you:

- Take care of yourself during pregnancy
- Know what to expect during childbirth
- Understand how your child will develop and grow
- Take care of your baby's needs—from changing diapers to making sure your baby feels safe and loved
- Build a strong support network of family and/or friends
- Identify and work toward achieving your future goals
- Connect to services you may need, including health care, child care, mental health care and education/career planning





## How often and where will I meet with my nurse?

Your nurse will visit you at home up to four times per month until your child turns 2 years old. Each visit will last about one to two hours. You and your nurse will decide on the schedule together.

## Is NYC NFP just for mothers?

While only expectant mothers are enrolled in the program, fathers, family members and even friends are encouraged to get involved.

## Will the program cost me anything?

No. NYC NFP is provided at no cost to you.



## Can I sign up at any time during my pregnancy?

To enroll, you must be no more than 28 weeks pregnant with your first baby.

## Who can participate in NYC NFP?

NYC NFP is available to women and girls who meet income requirements and live in eligible neighborhoods. You can enroll no matter your age or immigration status.

To see if you're eligible, talk to your health care provider, call 311 and ask for Nurse-Family Partnership or visit [nyc.gov/health/nfp](http://nyc.gov/health/nfp).



