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.

**Can I sign up at any time during my pregnancy?**
To enroll, you can be no more than 28 weeks pregnant with your first baby.

**What happens now?**
Shortly after your health care provider sends your referral form to NYC NFP, you will be contacted by a nurse or other program staff.

For more information, call 311 and ask for Nurse-Family Partnership or visit nyc.gov/health/nfp.