

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.

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.

