

# My Nurse



Nurse-Family  
Partnership

*Helping First-Time Parents Succeed*

continued...





LISTEN, KIM. WHEN I HAD CARLITO,  
I GOT MY OWN NURSE FROM THE *NFP*,  
THE NURSE-FAMILY PARTNERSHIP.



SHE WOULD COME  
TO MY APART-  
MENT ABOUT  
TWICE A MONTH  
AND WE'D TALK  
ABOUT THINGS TO  
DO FOR A  
HEALTHY PREG-  
NANCY 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.



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



THAT SOUNDS GREAT! COULD THE NFP HELP ME TOO?



ABSOLUTELY, AND IT'S FREE.



AND ANYBODY CAN DO IT?

YEAH. IT JUST HAS TO BE YOUR FIRST BABY.



AND YOU HAVE TO BE LESS THAN 28 WEEKS ALONG.

SOUNDS LIKE I'M THE RIGHT GIRL FOR NFP!

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.



HMMPH...

SO WHAT'S THIS NURSE GOING TO TEACH YOU?



LOTSA STUFF. LIKE NOT GETTING STRESSED.





HI, I'M YOLANDA DAVIS  
FROM THE NEW YORK CITY  
NURSE-FAMILY PARTNERSHIP.

IF YOU DECIDE TO  
JOIN THE PROGRAM, I'LL  
BE YOUR NURSE.

KIM THINKS ABOUT THE  
NURSE-FAMILY PARTNERSHIP.



FINALLY, KIM 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. GOMEZ?

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!!





IT'S NOT GOING TO BE EASY.

BEING A MOM IS THE TOUGHEST JOB IN THE WORLD. THE BEST JOB TOO.

BUT DON'T FORGET: I'M HERE UNTIL KEISHA'S SECOND BIRTHDAY...



YO-LA! YO-LA! NOO-NOO!

KEISHA, YOU CAN'T HAVE HER. SHE'S *MY* NURSE!

YOLANDA



Helping First-Time Parents Succeed

## We can help you:

- Ensure a healthy pregnancy and a healthy baby.
- Build a strong support network of family and friends.
  - Make your home a safe place for your baby.
    - Set your own life goals, continue your education and find a job.
- Find health care, child care, job training and other services in your community.

YOU MIGHT BE ELIGIBLE FOR YOUR OWN *NFP* NURSE.

TO FIND OUT, CALL **311** AND ASK FOR THE *NURSE-FAMILY PARTNERSHIP*.



You can join the Nurse-Family Partnership, no matter what your age or immigration status, if:

- You're a first-time mother.
- You're less than 28 weeks pregnant.
- You meet low-income requirements.

Call 311 for more information.

