



**Having your first baby?**

**You can have your own  
personal nurse!**



**Nurse-Family  
Partnership**

*Helping First-Time Parents Succeed®*

As a first-time mother, you probably have a lot of questions . . .

“What do babies need?”

“Will I be a good mom?”

“How will this change my life?”

“How will I take care of my baby?”

“What do I tell my family and friends?”

“Should I breastfeed?”

With **New York City Nurse-Family Partnership (NYC NFP)**, your own personal nurse will answer your questions and support you to **have a healthy pregnancy and a healthy baby**, and to **be the best mom you can be**. NYC NFP won't cost you anything and is available regardless of your age, immigration status or gender identity.

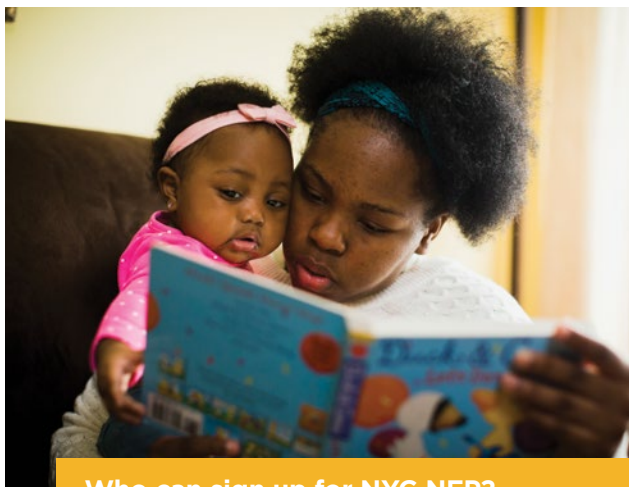
## How does it work?

You will meet with your nurse regularly to talk about pregnancy, parenting, your child's health and development, and whatever else is on your mind as a first-time parent.



Your nurse will support you to:

- Know what to expect during pregnancy and childbirth
- Learn how to take care of your baby (feeding, bathing, safe sleep and more)
- Understand how babies learn and grow
- Connect with other resources and services, like health insurance, mental health care, child care and educational programs
- Achieve personal goals, such as continuing your education or developing job skills
- Give your baby the best possible start in life



## Who can sign up for NYC NFP?

Anyone in New York City who:

- Is 28 weeks pregnant or less with their first baby
- Meets income requirements



## Who else can participate?

As the mom, you are the main focus, but family members, partners, friends and your baby's father are welcome to join you.



## How do I find out more?

Ask your health-care provider, visit [nyc.gov/health/nfp](https://nyc.gov/health/nfp), email [nycnfp@health.nyc.gov](mailto:nycnfp@health.nyc.gov) or call 311 and ask for **Nurse-Family Partnership**.