

Pregnant with your first baby?



**A lot's
gonna
change**

You've got this!

with a free personal nurse



**Nurse-Family
Partnership**

Helping First-Time Parents Succeed®



What is Nurse-Family Partnership?

Nurse-Family Partnership is **free** for women who are pregnant with their first baby. When you enroll you will be connected to a registered nurse who will provide the support, advice and information you need to have a healthy pregnancy, a healthy baby and be a great mom.



How much does it cost?

Nurse-Family Partnership is **free** to eligible women.

Your nurse will support you to:

- Have a healthy pregnancy and a healthy baby.
- Become the best mom you can be.
- Learn and practice things that make you more confident as a mom, like breastfeeding, nutrition, child development, safe-sleep techniques and much more.
- Get referrals for healthcare, childcare, job training and other support services available in your community.
- Continue your education, develop job skills or follow your dreams for the future.

Who can enroll in Nurse-Family Partnership?

Any woman who:

- Is pregnant with her first child
- Is pregnant 28 weeks or less
- Meets income requirements
- Lives in an area where Nurse-Family Partnership is available

Can my baby's father participate?

The father, family members and friends are welcome to participate in the program, but as the mom, **you are the main focus!**





Contact us

to learn more and get connected
with your free personal nurse.

Contact Us

TEXT (831) 566-3592

CALL (831) 454-4339

Santa Cruz County NFP