

Pregnant with your first baby?

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



**A lot's  
gonna  
change**

*You've got this!*  
with a free personal nurse



**erlanger**



Department of  
**Human Services**

Contact Us  
CALL (423) 680-8910  
TEXT (423) 218-6101  
NFPmoms.org



## 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!**

