Nurse Family Partnership

Free Personal Nurse

Prenatal Care

Healthcare Advice

Breastfeeding Support

Parenting Tips

Enroll at www.projectselfsufficiency.org

I was 6 months pregnant when I started with the Nurse Family Partnership program. It wasn't easy to allow myself to be vulnerable, and to accept help and support. I have been able to do that because my nurse has been so kind and helpful. She's always been there.

Because my nurse recommended that I develop a birthing plan and attend childbirth education, I was able to fulfill my goal of having a natural birth in a hospital setting with no drugs and no intervention. It was a very happy and positive experience for me.

I got a lot of support from my nurse with breastfeeding. I have breastfed my son for 19 months now. It's a lifestyle choice and a huge commitment. Ultimately, it was a wonderful bonding experience for the two of us.

I have a very strong bond with my nurse—and with women in general—since being pregnant and becoming a mother. Being able to give birth is a special thing that women share. Through this experience I have become a better woman and a better mother.

I am the owner of a yoga studio and now my husband has started training to be a yoga teacher, too. As a vet, yoga has helped him to deal with stress and physical ailments. We've developed a support group for local veterans and we offer free yoga classes to veterans in our studio.

The Nurse Family Partnership program helped me to identify and work towards goals, like growing the business, getting married, and having good relationships with my family. I want to finish my bachelor's degree. I already have some communication and science credits. A degree would be an asset to providing health and wellness instruction and getting additional credentials.

Having a personal nurse is like having a second mom or an aunt, someone who is there for the biggest change in your life. Having someone who is knowledgeable and available to answer all your questions is huge. I would definitely recommend this to everybody.

Nurse-Family Partnership
Helping First-Time Parents Succeed ®