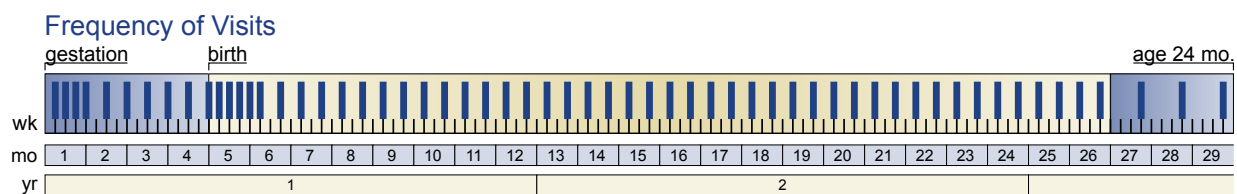


Nurse-Family Partnership nurses and the first-time mom/clients (together with fathers and other family members, if available) engage in activities during each home visit that line up with the three main Nurse-Family Partnership program goals. These are:

- Improved Pregnancy Outcomes
  - Help clients obtain prenatal care from their physician
  - Help clients reduce their use of cigarettes, alcohol and illegal drugs
  - Teach clients about healthy nutrition during pregnancy
  
- Improved Child Health and Development
  - Help parents provide more competent care of their children in the first two years of life
  - Teach parents how to care for their children and provide them with a positive home environment
  - Teach parents how to nurture their children
  - Help parents create a safe environment, both within and around the home, where their child can live and thrive
  - Teach parents safe and consistent practices of child discipline
  - Help parents get proper health care for their child
  
- Improved Maternal Life Course Development
  - Teach young mothers to keep their lives on track and develop a vision for their own future
  - Help the mothers make reasoned choices about the partners, family and friends who are involved with their child
  - Help mothers plan future pregnancies
  - Help mothers continue their education and reach their educational goals
  - Help mothers find adequate employment



Ideally, visits begin early in the second trimester (when you are 14-16 weeks in to your pregnancy). Registered nurses visit their mom/clients weekly for the first month after enrollment and then every other week until the baby is born. Home visits are weekly for the first six weeks after your baby is born, and then every other week through your child's first birthday. Visits continue on an every-other-week basis until the baby is 20 months. The last four visits are monthly until your child is two years old.