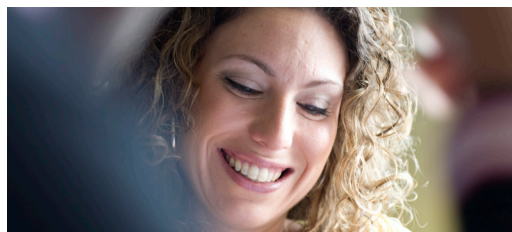


NURSES AND MOTHERS

NURSE-FAMILY PARTNERSHIP BUILDS A TRANSFORMATIONAL RELATIONSHIP THAT BENEFITS MULTIPLE GENERATIONS



The transition to motherhood can be particularly challenging for many low-income, first-time mothers. Many are socially isolated or are experiencing severe adversity and nurse home visits can prove extremely helpful.

WHY A NURSE INTERVENTION?

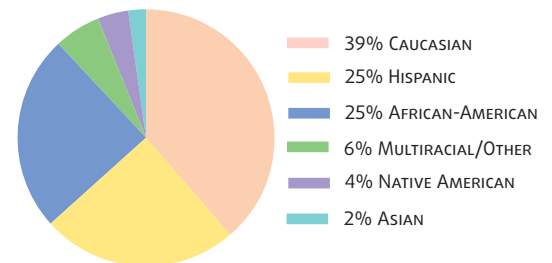
The expertise and experience that registered nurses bring to this intervention is key in gaining the confidence of a new mother. A nurse's expertise helps guide first-time mothers through the emotional, social and physical challenges they face as they prepare for a healthy birth. Prenatal support is the starting point, but the nurse continues to serve her client after she delivers her child, teaching parenting and life skills that foster positive growth for both mother and child.

The original model developed by Dr. David Olds was heavily influenced by nursing theory and practice and remains at the core of the model and nurse education today. In a sense, the Nurse-Family Partnership model was developed in partnership by nurses for nurses.

NURSE-FAMILY PARTNERSHIP MOTHERS

Nurse-Family Partnership focuses on low-income, first-time mothers—a vulnerable population segment that sometimes has limited access to good parenting role-models. Women voluntarily enroll as early as possible with nurse home visits, beginning ideally by the 16th week of pregnancy.

Race/Ethnicity of NFP clients



The NFP Mother at a Glance

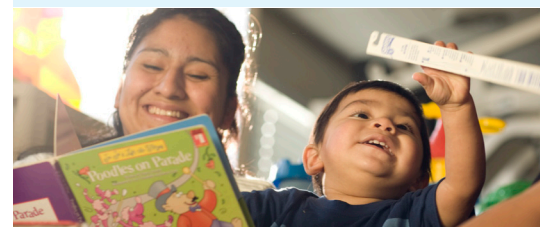
MEDIAN AGE: 19

MARITAL STATUS: **Unmarried (84%)**

EDUCATION LEVEL: **High school (50% completed)**

ANNUAL HOUSEHOLD INCOME (MEDIAN): **\$13,500**

At program intake 2007-2008



“I knew I could trust her (my Nurse-Family Partnership nurse). She was comfortable talking about things I wouldn’t talk to anyone else about. In an emergency, she was the first person I’d call and I don’t know what I’d have done without her.”

- GISELLE
Mom from Colorado

“Many times the girls don’t understand their bodies. They’re intimidated by doctors and don’t ask the questions that they should, or they’re being rushed out of the clinic. We can spend more time with them and make sure they understand things.”

- NICOLE
NFP Nurse Home Visitor

A RELATIONSHIP YOU CAN COUNT ON

Nurse-Family Partnership can help break the cycle of poverty – empowered, confident mothers become knowledgeable parents who are able to prepare their children for successful futures. Nurse home visitors and their clients make a two-and-one-half year commitment to each other, with 64 planned home visits. This intensive level of support has been proven to improve outcomes relating to:

- **Preventive health and prenatal practices for the mother** – helping her find appropriate prenatal care from healthcare providers, improve her diet, and reduce her use of cigarettes, alcohol and illegal substances. Nurses also help the mother prepare emotionally for the arrival of the baby by educating her on the birth process and the immediate challenges of the first few weeks after delivery, e.g., breastfeeding and potential postpartum depression.



- **Health and development education and care for both mother and child** – providing individualized parent coaching aimed at increasing awareness of specific child development milestones and behaviors, and encouraging parents to use praise and other nonviolent techniques.
- **Life coaching for the mother and her family** – enabling economic self-sufficiency among mothers by encouraging them to develop a vision for their own futures, stay in school, find employment and plan future pregnancies. The partnership can extend beyond the mother and nurse to involve the mother’s family members, the baby’s father and friends.

CHARACTERISTICS OF THE NURSE/MOTHER RELATIONSHIP

Client-Centered means the nurse is constantly adapting to ensure the visit and materials are relevant and valued by the parent. Supporting the client’s growth and needs is the focus.



Relational means that the relationship between the nurse and the client is the primary tool used for learning and growth in each family served.

Strengths-Based means that the intervention is based on solid adult learning and behavior change theory. Adults and adolescents make changes most successfully when they are building on their own knowledge, strengths and successes.

Multi-Dimensional means that the life of each program participant is viewed holistically, and what the program offers is tied to multiple aspects of personal and family functioning: personal and environmental health, parenting, life course development, relationships with family and friends, and community connections.

FIDELITY TO THE MODEL

Nurses chart and enter data from each visit into the Nurse-Family Partnership national database. The data is monitored to ensure that the program is being implemented with fidelity to the model as tested in the original randomized, controlled trials, so that comparable results are achieved. The NFP Model Elements are supported by evidence of effectiveness based on research, expert opinion, field lessons and/or theoretical rationales. The Elements can viewed at www.nursefamilypartnership.org (NFP Sites/Fidelity to the Model).



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