



Hello Nurse-Family Partnership Alumni,

We are excited to introduce the initial alumni newsletter. We heard you wanted to stay connected after graduation and we are excited to announce the new alumni group! Being an alumna of Nurse-Family Partnership is a BIG accomplishment, and we believe our connection with you should not stop at graduation. We want you and your family to continue your journey with Nurse-Family Partnership and participate in our mission in helping more moms be successful parents like you.

Our vision as alumni is to support, encourage and advance one another through the growth of Nurse-Family Partnership and implementing agencies. Our goals as an alumni group are to be able to connect with other moms and build relationships, become a trained advocate for the First Time Moms program through our Parent Ambassador and access more resources for your family. You can also participate in outreach events nationwide, engage in alumni events through social media and in person alumni events.

There are many ways you can stay connected and engaged with your Alumni Group. Send your comments, interest and questions to our **Alumni Relations Manager Yvette Montaño** at graduates@nursefamilypartnership.org. We're listening!



Hello! I'm **Yvette Montaño**, and I am the new Alumni Relations Manager for the Alumni Group. I am very excited to officially be a part of the

Marketing and Communications team with Nurse-Family Partnership National Service Office. I have a Bachelor's Degree from the University of Phoenix and currently working on my Master's Degree at the University of Illinois at Chicago online campus.

I am also a proud alumna of the First Time Moms program in Tucson, Arizona. I graduated in April of 2017 with my son Luca and had been volunteering in advocacy and outreach events in my local area since graduation. In addition, I volunteer on my local Nurse-Family

Welcome! My name is **Ashlei Watson** I am from Lubbock, TX. I graduated from college with a Bachelor's Degree in Community, Family and Addiction



services in 2012. This is the year I had my daughter, Italie. I became a client of Nurse-Family Partnership in 2011. Because of this program, I was able to see the light at the end of the tunnel.

I ended up graduating college in May 2012. I also went on to receive my Master's Degree in Public Administration with a focus on Non-Profit Management in 2016. Over the past seven years, I have worked at local non-profits serving as the Director of Outreach and Guidance Counselor for at-risk youth and their

Partnership Community Advisory Board and the Tucson Postpartum Depression Coalition.

In my spare time, I like to spend time with my family and friends, participate in kickboxing classes, learn to paint, and go on hikes. I am very passionate about the alumni group and connecting graduates and past alumni together to continue their journey with Nurse-Family Partnership. I look forward to meeting you all!!

families in communities that are poverty-stricken. I recently moved to Amarillo, TX in 2016.

Currently, I serve as the Parent Ambassador for Nurse-Family Partnership National Service Office. I seek to engage and train Nurse-Family Partnership moms for advocacy, publicly sharing their story so we can help more first-time moms and babies. In my spare time, I enjoy spending time with my daughter and traveling.

Alumni Spotlight:

What are they up to now? Mirna Pedraza & Miliani



I graduated in May of 2016 from Nurse-Family Partnership in Houston, TX. Life after graduation was difficult mainly because children change so much at that age. Overall, I felt prepared to handle the ever-changing personality of my toddler. Now, I am in school and hope to one day become a nurse. I recommend other First Time Moms to Nurse-Family Partnership because I know they will find that they will feel more secure as a parent, and will know what to expect when their child arrives.

Implementing Agency Spotlight:

Casa de los Niños Building for a Better Future

Casa de los Niños is an implementing agency located in Tucson, Arizona. Its mission is to promote child well-being and family stability in its community. Its vision is to increase the number of children and families living safe and healthy lives and to deliver assistance to high-risk families through evidence-based models, such as the Nurse-Family Partnership First Time Moms program.



Currently, Casa de los Niños serves 120 Nurse-Family Partnership First Time Moms. Their \$12 Million-Dollar campaign launched in 2014 to build the Cole and Jeannie Davis Family Center, which will provide 20,000 sqft. of therapeutic child and family services, 6,000 sqft. to host educational events and parent education classes and 9,000 sqft. for administrative support to assist high-risk families with the best resources and services to be successful parents. If you have any questions or would like more information on this implementing agency,

April is Stress Awareness Month: 6 Simple Self-Care Steps for Busy Moms

- 1. Get your Body Up and Moving:** If you need to get more exercise or just shake your routine up. Try an outdoor yoga class or have a dance party in your living room with your child.
 - 2. Feed your Body Well:** Drink water instead of soda and take a few minutes to plan what you're going to keep in your fridge each week so you can make quick, healthy, and easy meals. Try shopping at a farmers market or make meals from scratch in advance (meal prep).
 - 3. Get Connected with Family and Friends:** Don't let your busy schedule squeeze out time for family and friends. Schedule a one Saturday morning a month coffee date with your friends or invite neighbors over for dinner at least once a month and plan on pizza and a movie with everyone's kids.
 - 4. Don't forget your Healthcare:** You wouldn't let your kids miss their annual healthcare check-ups. Schedule your annual checkups, appropriate tests, mammograms, skin exams, pap smears, flu shots, and vision screenings and get to the dentist for an annual exam and cleaning. Don't let your health fall by the wayside.
 - 5. Make Sleep a Priority:** We know from research studies that chronic lack of sleep has adverse health consequences. Things to avoid close to bedtime; food, alcohol, emotionally upsetting conversations, and stimulants (such as caffeine and nicotine). Establish a regular and relaxing bedtime routine so you can get at least 6 to 7 hours of sleep at night.
 - 6. Connect with yourself:** As a mom, it's easy to lose yourself in the day-to-day routines of family life that is why it is important to not neglect your inner-most passions. Journal, read, meditate, set aside fifteen minutes a day to pursue your favorite hobby. This is what keeps us fully alive and joyful.
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Now that your child is a toddler, will you send him/her to preschool?

Yes

Select

No

Select

Haven't decided yet

Select

Special Thanks to the Following Organizations

- **Sierra of Tucson**, Alumni Relations Manager Tim McLeod for his knowledge and resources for alumni group best practices. www.sierratucson.com/about/alumni
 - **Tucson High Badger Foundation**, Chairman Jerry Strutz for his input on alumni communication and marketing material suggestions. www.badgerfoundation.org
 - **University of Phoenix Alumni Association**, Senior Manager Alumni Relations Goge Johl for his input on alumni engagement through social media. www.facebook.com/uopxalumni
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Would you like to send a thank you to your nurse with a heartfelt message, photo or short video? May 6th through the 12th is National Nurses Week. We will be



celebrating the week by posting your messages on the Nurse-Family Partnership social media sites. Send your messages, photos or short videos to graduates@nursefamilypartnership.org by April 23th to be posted on social media for National Nurses Week.

Nurse-Family Partnership
Helping First-Time Parents Succeed

Do you know anyone who is pregnant with her first baby?

Maybe she would like to have a personal nurse just like you.

call/text
(844) 637-6667
NFPmoms.org

The advertisement features a photograph of a pregnant woman's belly, partially covered by a red polka-dot top and a white bandage. The background is a soft-focus indoor setting with warm lighting.

Interested in working with your local or national Nurse-Family Partnership agencies?

Check out our website for the most up-to-date job listings.

<https://www.nursefamilypartnership.org/about/careers/>



Do you know other Alumni that may be interested in the Alumni Group? Have them connect with us at graduates@nursefamilypartnership.org or at <https://www.nursefamilypartnership.org/about/stay-connected/>

Connect with us:

