

My Nurse

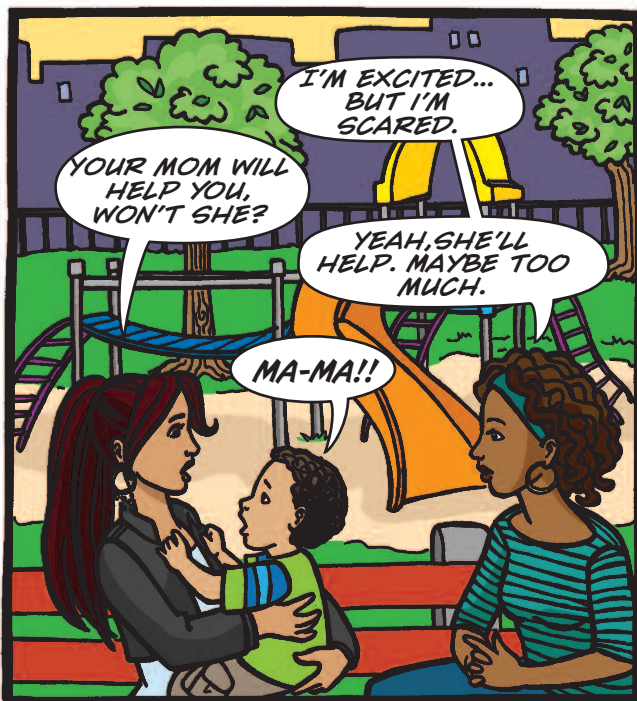


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 Nurse-Family Partnership
Helping First-Time Parents Succeed

 NATIONAL NURSE-LED CARE CONSORTIUM
a PHMC affiliate



YOUR MOM WILL HELP YOU, WON'T SHE?

I'M EXCITED... BUT I'M SCARED.

YEAH, SHE'LL HELP. MAYBE TOO MUCH.

MA-MA!!



AND DAVID?

HE LOVES ME, BUT HE'S NOT DOWN WITH THIS BABY THING...YET.



NILSA, YOU'RE A GREAT MOTHER. AND CARLITO IS SO HAPPY.

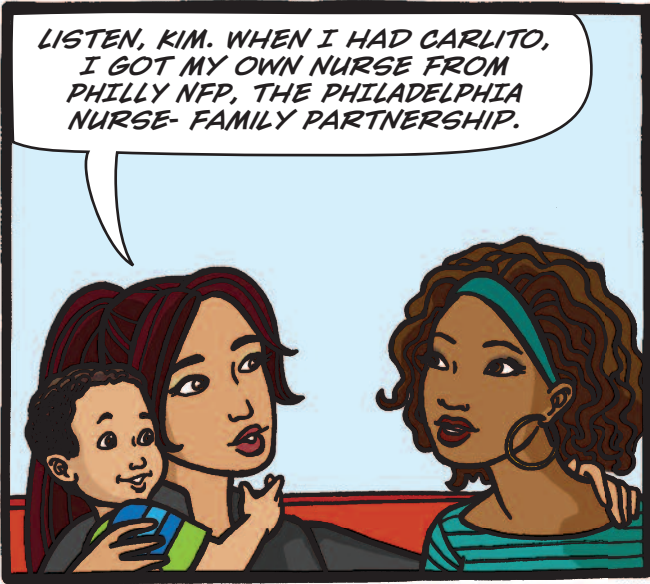
YOU'RE, LIKE, A NATURAL!

NO WAY.

REMEMBER HOW FREAKED I WAS? AND CLUELESS?



OH NILSA, WHAT AM I GONNA DO??




LISTEN, KIM. WHEN I HAD CARLITO, I GOT MY OWN NURSE FROM PHILLY NFP, THE PHILADELPHIA NURSE- FAMILY PARTNERSHIP.




SHE WOULD COME TO MY APARTMENT A FEW TIMES A MONTH AND WE'D TALK ABOUT THINGS TO DO FOR A HEALTHY PREGNANCY AND A HEALTHY BABY.



WHAT ELSE?



WOW! THERE'S SO MUCH TO LEARN. LIKE EATING RIGHT, GIVING BIRTH, AND FEEDING THE BABY. I WAS SCARED BUT I ALWAYS HAD HER SUPPORT.



WHEN I WAS READY, SHE HELPED ME FIGURE OUT HOW TO GO BACK TO SCHOOL AND GET A JOB.



THAT SOUNDS GREAT! COULD PHILLY NFP HELP ME TOO?

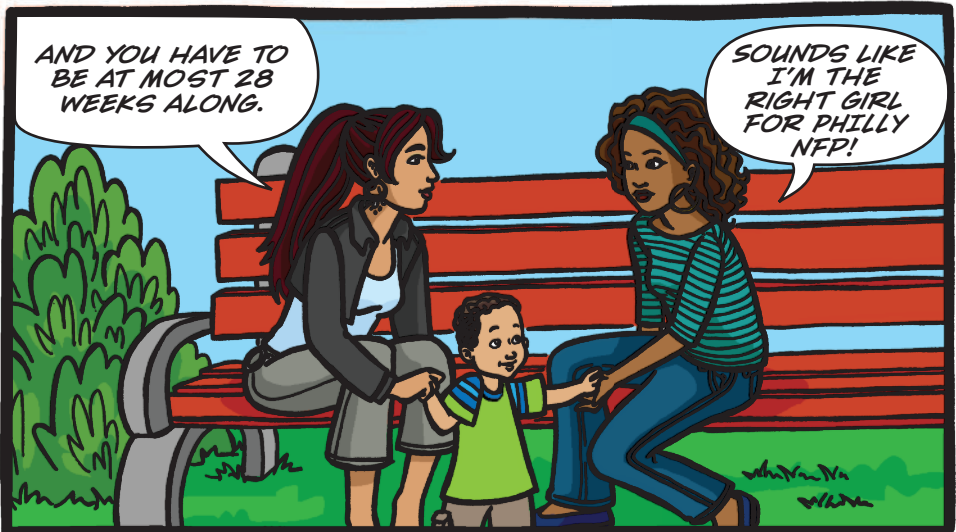


ABSOLUTELY. AND IT WON'T COST YOU ANYTHING.



AND ANYBODY CAN DO IT?

YEAH. IT JUST HAS TO BE YOUR FIRST BABY.



AND YOU HAVE TO BE AT MOST 28 WEEKS ALONG.

SOUNDS LIKE I'M THE RIGHT GIRL FOR PHILLY NFP!

THE NEXT DAY...



NO, NO, NO!

YOU ARE NOT BRINGING SOME NURSE INTO MY HOUSE TO RAISE MY GRANDBABY!



I TOLD YOU, MAMA. I'M GOING TO LEARN HOW TO TAKE CARE OF MY BABY MYSELF.



HMMPH...

SO WHAT'S THIS NURSE GOING TO TEACH YOU?



LOTSA STUFF. LIKE NOT GETTING STRESSED.

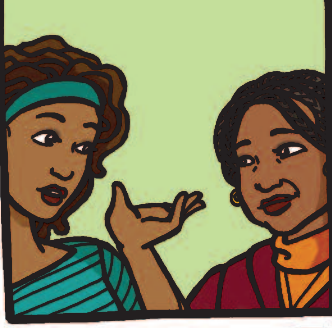




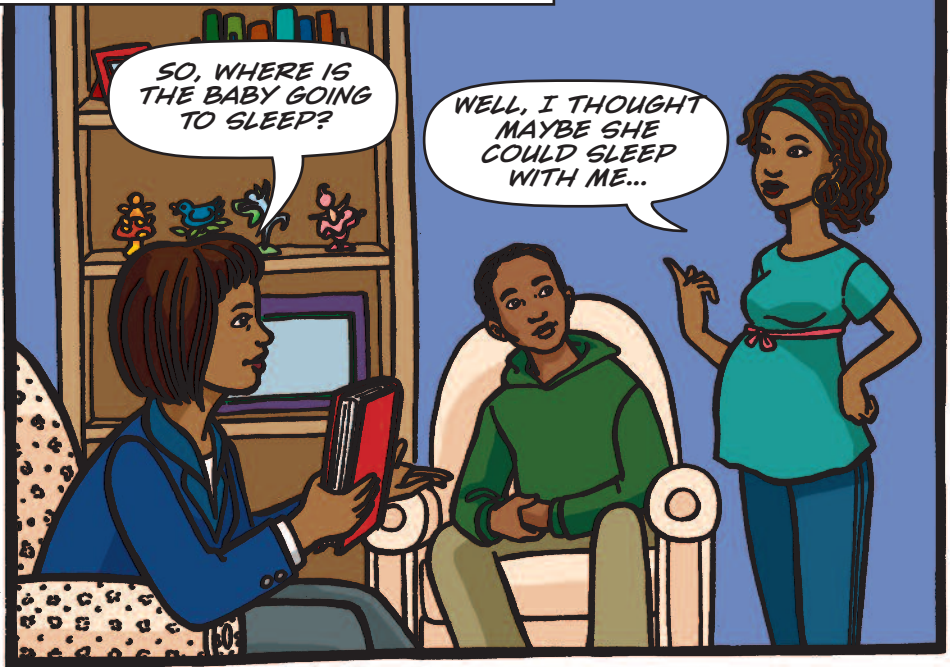
HI, I'M YOLANDA DAVIS FROM THE PHILADELPHIA NURSE- FAMILY PARTNERSHIP.

IF YOU DECIDE TO JOIN THE PROGRAM, I'LL BE YOUR NURSE.

KIM THINKS ABOUT GETTING HER OWN PERSONAL NURSE.



FINALLY, SHE DECIDES TO SIGN UP AND...



SO, WHERE IS THE BABY GOING TO SLEEP?

WELL, I THOUGHT MAYBE SHE COULD SLEEP WITH ME...

I DON'T THINK SO, KIM. I READ THE BOOK YOLANDA GAVE US.

AND THE BOOK SAYS THE BABY SHOULD HAVE HER OWN CRIB— THAT'S THE SAFEST.

BUT YOU CAN KEEP IT RIGHT NEXT TO YOUR BED SO THE BABY IS CLOSE BY.

WOULD YOU LISTEN TO DAVID?! MR. NFP DADDY!



AFTER A HEALTHY BIRTH, KIM AND BABY KEISHA ARE GETTING TO KNOW EACH OTHER.

LOOK AT THAT HUNGRY LITTLE KITTEN. KIM, DO YOU REMEMBER HOW TO HOLD HER TO BREASTFEED?

MAKE SURE KEISHA'S MOUTH IS WIDE OPEN...

...BEFORE YOU PUT YOUR NIPPLE IN, SO SHE CAN LATCH ON GOOD.

THAT'S IT. YOU'RE DOING GREAT!

ISN'T SHE DOING GREAT, MRS. GOMES?

WELL YES... SHE IS!

NOW WHERE ARE MY MANNERS?

YOLANDA, WOULD YOU LIKE A CUP OF COFFEE?

TIME FLIES...

HAPPY BIRTHDAY, DEAR KEISHA, HAPPY BIRTHDAY TO YOU!



I CAN'T BELIEVE I'M THE MOTHER OF A ONE-YEAR-OLD.

AND KEISHA'S THE CUTEST KID ON THE BLOCK — LOOKS JUST LIKE HER HANDSOME DADDY.

THE HEALTHIEST, TOO.



I'M PROUD OF YOU, KIM. AND PROUD YOU'RE GOING BACK TO SCHOOL.

I'M KINDA PROUD OF ME TOO.

MA- MA!
MA- MA!!





IT'S NOT GOING TO BE EASY.

BEING A MOM IS THE TOUGHEST JOB IN THE WORLD. THE BEST JOB TOO.

BUT DON'T FORGET: I'M HERE UNTIL KEISHA'S SECOND BIRTHDAY...



YO-LA! YO-LA! NOO-NOO!

KEISHA, YOU CAN'T HAVE HER. SHE'S MY NURSE!

Your PHILLY NFP nurse will support you to:

- Know what to expect during pregnancy and childbirth
 - Learn how to take care of your baby
- Understand how babies learn and grow
- Connect with other resources, like health insurance, mental health care and day care
 - Achieve personal goals, such as continuing your education and developing job skills
 - Give your baby the best possible start in life

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PHILLY NFP won't cost you anything and is available regardless of your age, immigration status or gender identity.

For more information, ask your health care provider, visit <https://nurseledcare.phmc.org/programs/philly-nfp.html>, email NFPreferrals@phmc.org or call 215-287-2114 and ask for Nurse-Family Partnership.