

# Nurse Family Partnership



Hawa and her Family

I was 23 and pregnant when I found out about the Nurse Family Partnership program. I had been overseas. I came from Australia. I had nobody, and I was confused and scared of having a baby.

My nurse helped me with all sorts of things. She gave me information about teething, she taught me how to play with my baby. We discussed what to do when the baby cries. She kept bringing me information, but the most valuable thing was having company.

When I was pregnant, I didn't know that kids were so challenging. At first, I didn't sleep. Getting rest is challenging, but I am used to it now. Having my kids in front of me is the happiest time.

I studied anatomy and physiology in college, but I did not finish my degree. Before my son was born, I was an aide in an afterschool program. When my son gets a little older I will look for a job. I would like to pursue something in the medical field.

Thanks to the Nurse Family Partnership at Project Self-Sufficiency, I learned a lot about taking care of my kids and my house and everything. I would definitely recommend this program. It's so helpful and my daughter was so happy when my nurse came.



Free Personal Nurse—Prenatal Care—Healthcare Advice—Breastfeeding Support—Parenting Tips



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