

Nurse Family Partnership

Family Support Program at Project Self-Sufficiency



- ◆ Free, Personal Nurse
- ◆ Prenatal Care
- ◆ Healthcare Advice
- ◆ Breastfeeding Support
- ◆ Parenting Tips



Becoming a mother changed my life for the better. I believe that God planned this for me.

My nurse is a sweetheart. She supports me emotionally. She knows what I have gone through. Sometimes I feel like I'm not enough, but my nurse always makes me feel like I am a great mother. She loves how I treat my daughter.

The thing that surprised me the most about motherhood was the whole growth process. I didn't expect to learn so much. I like learning things and noticing things that are different and new about my daughter. Being a mother expanded my knowledge and brought out my maternal instincts. My nurse explains things and breaks things down for me, like giving me tips about sleep safety, what children should eat, and how to observe what's going on at doctor's appointments.

Before I started with the Nurse Family Partnership program at Project Self-Sufficiency, I was very nervous. My feelings were all over the place. I was excited to become a mother, but at first, I didn't know how to tell my family. My nurse made me feel comfortable.

I am looking forward to our future, helping my daughter expand her vocabulary and doing more activities together. I'm trying to figure out how to get my education. I want to go to college. My dream job is to be a radiologist or a pediatric nurse.

To enroll, or to find out more about the Nurse Family Partnership program at Project Self-Sufficiency, call 973-940-3500 or visit www.projectselfsufficiency.org.