

# Nurse Family Partnership



Sonia and her daughter Isabella

I was in high school when I became pregnant. I started with the Nurse Family Partnership program when I was about 5 weeks pregnant. I was terrified to become a mother and it has been hard.

My pregnancy was awful. During the first trimester, I had terrible morning sickness. I had every complication you can imagine, I was overdue by 2 weeks and the birth experience was horrible. My mom said I was a champ.

It was breathtaking when I got to hold my daughter. I was speechless. I had no words. My daughter is 2 now. She is the most social butterfly, she's funny, and very creative. She is my therapy. When I am upset, holding her calms me down.

I love my nurse. She taught me to have patience and keep my head up and keep pushing forward. She showed me how to look at things from different points of view and to keep trying. She really helped me out when I was at my lowest point. Things are not as hard if you have the support system provided by the Nurse Family Partnership program.

I want other young women who are in my situation to look at me and know that if I can do it, they can do it. My advice is to keep pushing forward, keep your head up and keep fighting. Reach out to Project Self-Sufficiency. There's a lot of help out there.

I've done a lot of things educationally that I wouldn't have done if I didn't have my daughter. She's my strength and my reason to keep going. I'm a Certified Nurse Assistant now. I want to go to school to get my Bachelor's degree in Nursing.



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