

# A life-changing program

that combines compassion with science  
for young, first-time mothers and their children

The **Nurse-Family Partnership® (NFP)** program provides expectant mothers with a relationship they can count on. A committed and compassionate public health nurse will make regular home visits over a 30-month period, from before birth until the baby is two years old.

Any pregnant woman who meets the following eligibility criteria can be referred to the Nurse-Family Partnership program:

- Is a young, first-time mother
- Is experiencing social and economic disadvantage
- Is less than 28 weeks pregnant

## Nurse-Family Partnership Program Goals

**Goal 1** Improve pregnancy outcomes by helping women engage in preventive health practices such as obtaining prenatal care from their health-care providers, improving their diet, and reducing their use of cigarettes, alcohol and illegal substances.

**Goal 2** Improve child health and development by working with parents to develop and practise positive parenting strategies.

**Goal 3** Improve family economic self-sufficiency by partnering with parents to develop a vision for their own future, plan future pregnancies, continue their education and find work.

Nurse-Family Partnership is a voluntary evidence-based community health program backed by four decades of research. At its heart, the program empowers women to change their families' lives for the better.

**Program outcomes from random, controlled U.S. trials have demonstrated positive effects:**

**18%** reduction in preterm deliveries

**21%** more breastfed infants  
(compared to similar populations)

**19%** of infants are more likely to have up-to-date immunizations at six months of age

**48%** reduction in child abuse and neglect

**56%** reduction in emergency room visits for injuries and ingestions

**The benefits of Nurse-Family Partnership extend past infancy:**

**59%** reduction in arrests of children at age 15

**67%** reduction in behavioural and intellectual problems in children at age six

*"The public health nurse and I built a relationship, a friendship. When I first got into the program I had no goals as to what I wanted to do, but she helped me figure out what I could do with my life."*

— "Shawna", 18 year-old Ontario mom



# Nurse-Family Partnership is a home visiting program for young, first-time mothers.



## Why first-time mothers with limited supports?

Becoming a mother for the first time is a major change in a woman's life filled with many questions and uncertainties. Women are more likely to accept support and help during this time, creating an opportunity for a public health nurse to make an impact by forging a strong partnership with a young mother. Through this partnership, parents can develop their parenting skills and create a healthy environment for the whole family, ultimately supporting the child's growth and development.

*"I think that this program [Nurse-Family Partnership] is probably the best attempt at reaching the hardest to reach families and women ..."*

— Ontario Child Protection Worker

## Why public health nurses?

- Are trusted, respected, and accessible professionals.
- Bring specialized health-care knowledge and skills to create positive health behaviour changes for mother and baby
- Know how to work respectfully with families experiencing social and economic disadvantage during pregnancy and in the early years of a child's life
- Will spend time with clients and work with them without making any judgments
- Skilled in developing trusting relationships with women and their families

**Nurse-Family Partnership public health nurses make a difference in the lives of vulnerable mothers and their infants. This program fills an important gap by providing preventive health services to families with the greatest needs.**

If you know a young woman who would like the support of a public health nurse to support a healthy pregnancy, coach her in positive parenting practices and empower her to give her child the best start in life, please contact your local public health unit to discuss eligibility for Nurse-Family Partnership.

As part of the program, public health nurses will also collaborate with health-care and social services providers to ensure young families receive seamless, co-ordinated care and support. The Nurse-Family Partnership program strengthens babies, families and futures.

Please join us.

<https://nursefamilypartnership.ca/>

**For more information or to refer a client:**

Peterborough Public Health  
Nurse Family Partnership Program  
705-743-1000, ext. 282

