

## HOW DO I ENROLL?

You must live in Delaware, be no more than 28 weeks pregnant with your first child, and meet certain income requirements.

## WHEN IS IT TOO LATE TO ENROLL?

If you are past 28 weeks pregnant, or having your second child you are not eligible to enroll in NFP. However, your application maybe forwarded to our sister program Healthy Families Delaware.

## HOW MUCH DOES IT COST?

This program is offered for FREE to all eligible participants.

## CAN DAD PARTICIPATE TOO?

NFP encourages, fathers, family members, and even friends to be involved in the visits. We welcome all guests to learn more about how your nurse can help you and your family during the visit.

## WHAT DO THE NURSES DO?

Your nurse will visit every week or two during your pregnancy, all the way through your baby's 2nd birthday. You and your nurse will decide the exact schedule. During these visits your nurse will provide services including but not limited to:

- Helping you develop healthy habits during and post pregnancy
- Helping you identify danger signs and/or risks during your pregnancy
- Labor and delivery expectation and preparation
- Helping you learn to identify your baby's needs
- Assisting with lactation and breastfeeding
- Providing information and assistance regarding your child's development
- Making sure you and your child are connected with medical care
- Linking you with other resources in the community for help with job placement, identification of child care providers, etc.

## ARE HOME VISITS MANDATORY?

Your nurse will work closely with you to identify not only places, but times that work well for the both of your schedules.

## WHAT IF ENGLISH ISN'T MY FIRST LANGUAGE?

NFP has staffed bilingual nurses who are proficient in Spanish. We also have access to certified translators to assist for any other language.

## WHAT HAPPENS IF I MOVE?

NFP is a nation wide service available in 43 states and US territories as well as some countries overseas. Inform us of your new location and we will connect you to NFP in that area if possible.



## Contact Us

Text: (844) 637-6667

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