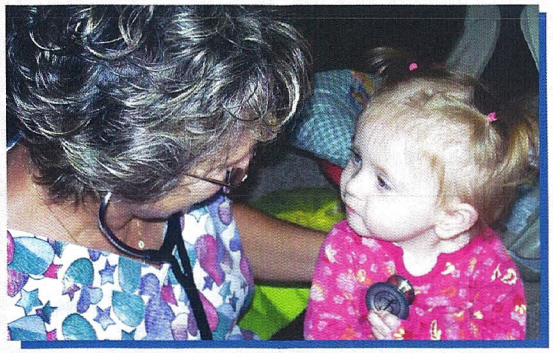
you create the masterpiece

Children First offers voluntary home visitation services to families expecting their first child. Public health nurses will work with you and your family to help you have a healthy pregnancy and understand the changes taking place in your body. Nurses will teach you about your child's growth and development. You will also learn about the skills needed to be a confident parent.



"The Children First program was a lifeline to me..."

- Laura

Nurse-Family Partnership

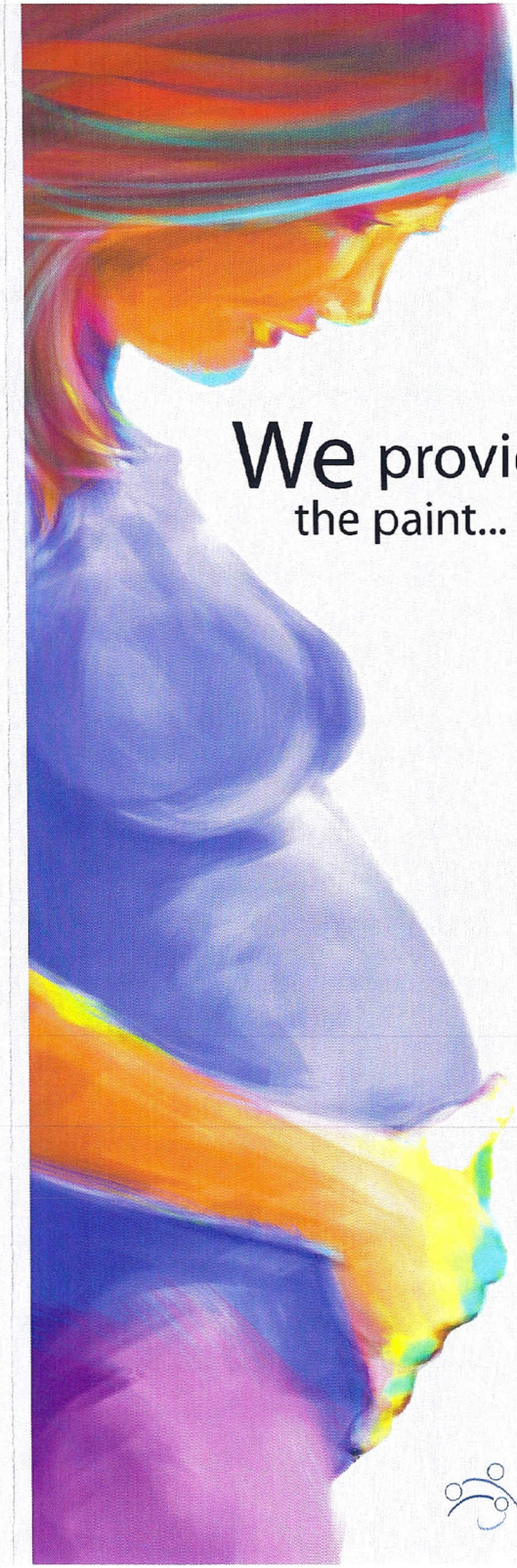
Helping First-Time Parents Succeed

Children First

Oklahoma's Nurse-Family Partnership
Oklahoma State Department of Health
1000 N.E. 10th Street • Oklahoma City, OK
73117-1299
(405) 271-7611 • http://cf.health.ok.gov

Creating a State of Health

This publication was issued by the Oklahoma State Department of Health, as authorized by Terry L. Cline, Ph.D., Commissioner of Health. 1,000 copies were printed by the OSDH in December 2010, at a cost of $290.00.



We provide the paint...

Nurse-Family Partnership

Helping First-Time Parents Succeed

Why should you enroll?

By working together, we can improve the quality of life for you and your baby. Children First wants every first time mother-to-be to receive early, ongoing prenatal care. Nurses work hard to involve fathers, grandparents, friends and others in the parenting process.

Who can enroll?

- Women less than 29 weeks pregnant
- Women expecting their first child
- Women who meet income eligibility

Help at NO COST

Enrolled families receive the following services at no cost,

- Brief health assessments
- Child growth & developmental evaluations
- Nutrition education
- Parenting & relationship information
- Links to other services such as child care, education & job training

Note: Services are not intended to replace your health care provider or family doctor

Benefits of joining

- Improved health of child & mother
- Improved child development
- Positive attachments between child & parent
- Reach personal goals
- Identify & use community resources
- Develop strong support network of family & friends

"Children first provided the confidence I needed to become, not only a responsible parent, but also a confident mother"

- Heather

Personal service

For your convenience, visits take place in your home. Nurses are prepared to answer questions and provide activities that promote health & safety. Educational materials are provided to cover topics on personal health, environmental health, adult living skills and parenting skills.

Visits begin while you are pregnant and continue until your child's second birthday. The visit schedule can be tailored to meet your needs. You and your nurse will agree on the day and time of each visit.