



nurse-family partnership NURTURING HEALTHY FAMILIES

At three months pregnant, Crystal Jackson met Vanessa Davis, a home-visit nurse with St. Louis County's Nurse-Family Partnership. Unsure of all that being a new mom would entail, Crystal depended on her weekly visits with Vanessa to ensure she was healthy, well-informed, and confident as she moved along in her pregnancy. Today, Crystal is the proud mother of Cydney.

Since 2005, the Nurse Family Partnership (NFP) has connected women with low incomes to registered nurses to assist them through a successful first pregnancy. From early in her pregnancy, each mother receives home visits from a nurse that continues through her child's second birthday. This ongoing support was critical for Crystal as Vanessa helped her recognize that Cydney was having trouble forming age-appropriate speech. After three years of speech therapy, Cydney now speaks just as well as other four-year old children.

For Vanessa, now the director of NFP, it is equally important that the program aids the healthy development of not only the child but also the mother. The program helps parents with family planning, continuing education, and attaining work. Since Cydney's birth, Crystal has earned a degree in Software Science and now works as a computer software analyst. "You really see the women make life changes. They are more self-sufficient, and they connect with their children," beams Vanessa. To date, over 430 young, first-time mothers like Crystal have been helped by the Nurse-Family Partnership.

TO LEARN MORE ABOUT THE NURSE-FAMILY PARTNERSHIP, CALL (314) 679-7871 OR VISIT www.stlouisco.com/HealthandWellness