

What happens during a home visit? How long does it last? And what are my responsibilities?

A lot happens over the course of the Nurse-Family Partnership program. You'll develop trust and a bond with your nurse home visitor. Your nurse can provide more details, but here is an overview of the Nurse-Family Partnership program.

## ■ Purpose

- To help you and your family/baby have the best health and development you can
- To help you and your family/baby find the services and resources you need
- To help you and your family meet health and life course goals

## ■ Length of Visits

- Each visit last about 1 to 1 ½ hours

## ■ Visit Schedule

- Getting to Know Each Other (the first four weeks): Visits take place once a week
- Pregnancy: Visits take place once a week for the remainder of your pregnancy
- Postpartum (after the birth of your baby): Visits take place once a week for the first 6 weeks after your baby is born
- Infancy and Toddler: Visits take place every other week until your baby is 21 months old
- Wrapping It Up (the last four months): Visits take place once a month until your baby's second birthday

## ■ Responsibilities

Your Nurse Home Visitor will:

- Listen to you and your family's needs, concerns and life course goals
- Assist you and your family in setting and meeting health and life course goals
- Provide information and resources needed to support you, your family and baby in reaching goals
- Contact you if necessary to cancel a visit

You will:

- Decide who will be present during the visits
- Set your own goals for you and your family/baby
- Ask for information and resources you are interested in or need for yourself, your family and your baby
- Carry out plans to meet your personal and family goals
- Be open to new information provided and decide what makes sense for you
- Contact your nurse home visitor if you need to cancel a visit