

you create the masterpiece

Children First offers 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 baby. Your nurse home visitor will help you understand the changes taking place in your body, teach you about your child's growth and development, and help you become a confident parent.



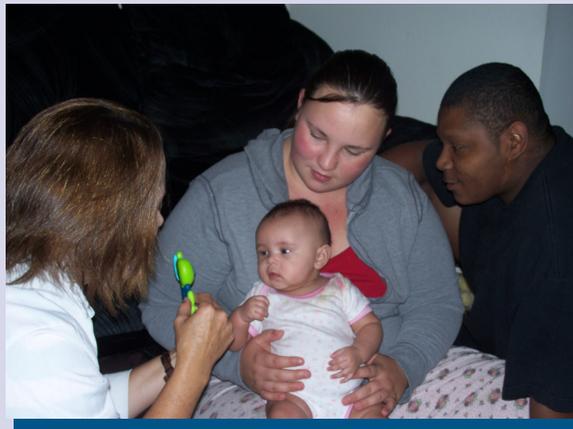
*"The Children First program
was a lifeline to me..."*

— Lanra

Benefits of joining

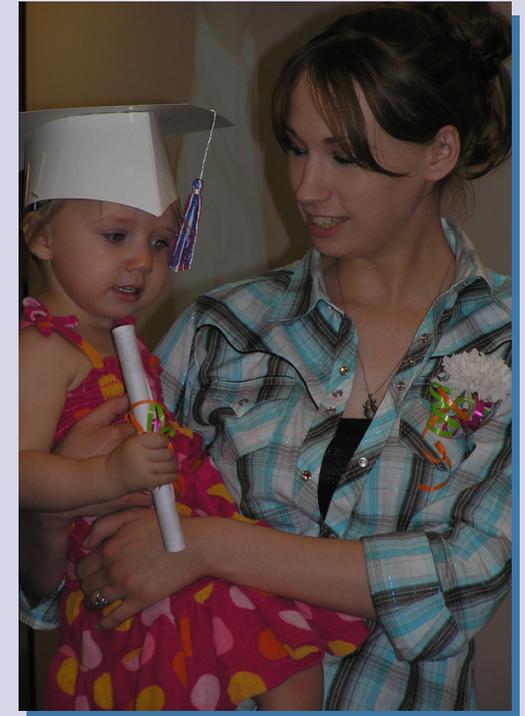
By enrolling in Children First, you can:

- Improve the health of your child & yourself;
- Improve your child's development;
- Make a positive attachment with your baby;
- Find & use community resources; and
- Make a 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



Lasting results

By working together, we can improve the quality of life for you and your baby.

Children First nurses work hard to include fathers, grandparents, friends and others in the parenting process. Your nurse helps you to make goals for your family's future and to reach those goals.

Why should you enroll?

For your convenience, visits usually take place in your home. Nurses will answer your questions and provide activities that teach you how to keep your baby healthy & safe. Learning materials are given on topics including parenting skills, child development, home safety, and personal health.

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; and
- 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

Who can enroll?

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



Children First

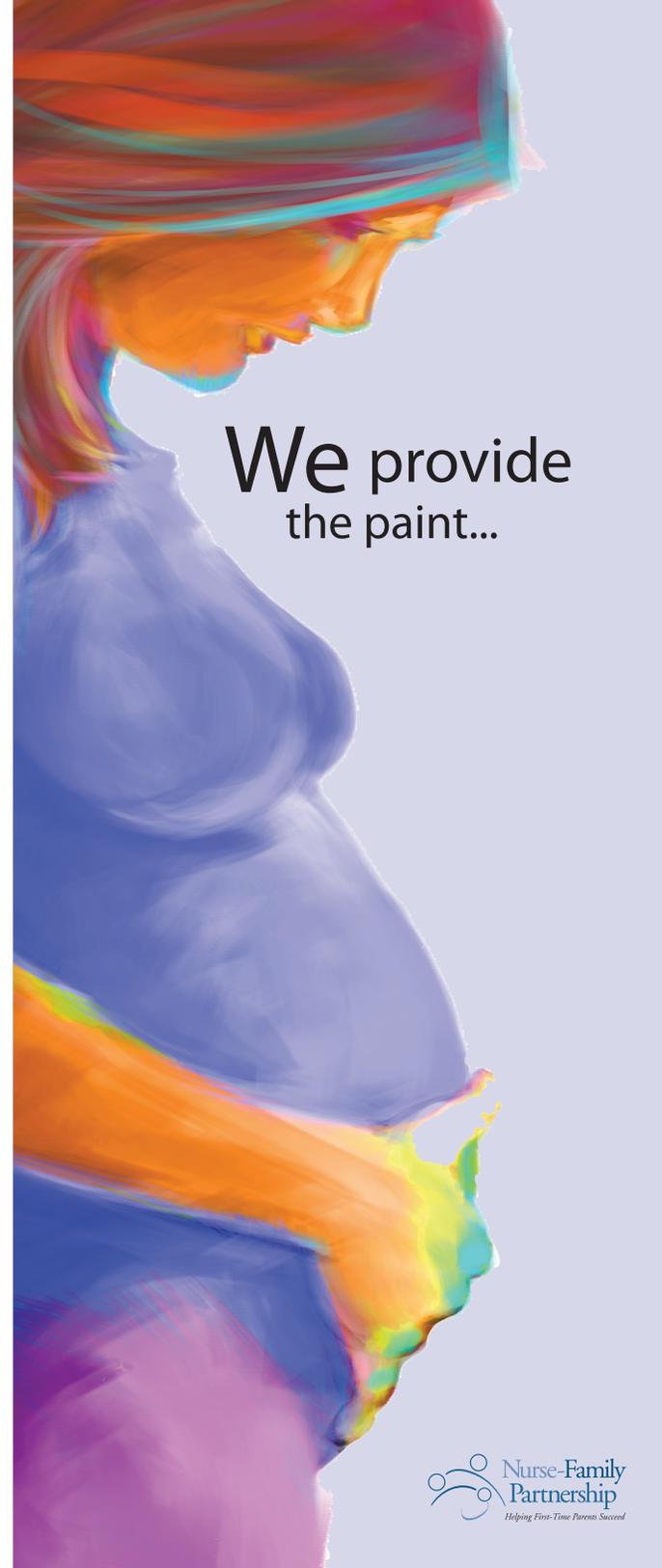
Oklahoma's Nurse-Family Partnership
Oklahoma State Department of Health
1000 N.E. 10th Street • Oklahoma City, OK
73117-1299
(405) 271-7611 • <http://cf.health.ok.gov>

Scan the code below with your smart phone and complete the referral form to have a Children First nurse contact you.



Creating a State of Health

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We provide
the paint...

