Children First
Oklahoma’s Nurse-Family Partnership
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Creating a State of Health

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“My nurse was my connection to community resources, my sounding board and my confidence builder. Having my nurse was like having a motherhood coach. Every new mother deserves a visiting nurse.”
-Former Client
What Is Children First?

Children First is:
- A voluntary home visitation program;
- Available through your local health department;
- Staffed by Public Health nurses; and
- A program shown to make a difference in pregnancy and birth outcomes; such as, birth weights and length of pregnancy.

Who Can Enroll?

Enrollment is open to women:
- Less than 29 weeks pregnant;
- Expecting their first child; and
- Who meet income eligibility criteria.

How Often Can Visits Occur?

Your home visits:
- Can begin during pregnancy and continue until your child is 2 years old;
- Can be scheduled every other week during pregnancy, infancy and toddler period;
- Can be scheduled weekly during the 6 week period after your baby’s birth; or
- Can be tailored to meet your needs.

What Happens During A Visit?

During pregnancy your nurse will:
- Help you find answers about what happens during pregnancy;
- Help you develop your plan for a healthy pregnancy;
- Answer your questions about labor and delivery;
- Answer your questions about how to care for your baby; and
- Help you find resources to meet your family’s needs.

After the birth of your baby your nurse will:
- Answer your questions about how and what to feed your baby;
- Help you understand your child’s growth and development;
- Provide brief health assessments of the baby;
- Answer your questions about parenting;
- Answer questions about your child’s health and safety; and
- Help you find resources to meet your family’s needs.

* Services are not intended to replace services provided by your or your baby’s healthcare provider.

“The Children First Program was a lifeline for me.” - Former Client