

Investing in the First 1,000 Days



WHY 1,000 DAYS?

You're 19 years old. In your bedroom, you pace back and forth with the bathroom door shut—you weren't sure you could handle waiting the recommended few minutes with it open. Your partner is sitting down on your bed. He's taking deep breaths and telling you to stay calm—it will all be okay. But you can tell he's nervous. So are you. After what felt like an hour, you open the door to the bathroom and your eyes fixate on the test on your counter. A deep pink plus sign meets them, and in an instant your whole life changes.

That's the beginning, and **what comes next is everything.**

The 1,000 days between the beginning of a mother's pregnancy and her child's second birthday are critical. During this time, the baby's brain is developing, which has a significant impact on growth, learning, and overall health later in life.

During this transformational period, the well-being—both physical and mental—of the mother plays a leading role in the successful development of her child.

The St. Luke's Nurse-Family Partnership (NFP) program is dedicated to building relationships with young, vulnerable mothers to help coach and support them during those first 1,000 days. For many women who have benefited from the program, NFP nurses became like family and made sure their clients received the tools and resources they needed to give their children a healthy start to life.

With your support, St. Luke's NFP can continue to create better worlds for families in need.





CUTEST
PUMPKIN
IN THE
PATCH!

Why Invest in NFP?

The NFP program is the **gold standard** for evidence-based home visitation programs. This national model draws from three distinct strands of theory: human ecology, self-efficacy, and attachment. These theoretical strands, woven together within a professional nursing framework, produce a unique program of great depth, breadth, and vitality.

NFP PROGRAM OUTCOMES

Child Health & Development



Increase in school readiness



Reduction in child injuries



Reduction in child abuse & neglect



Reduction in child criminal activity

Economic Self-sufficiency



Increase in maternal employment



Fewer unintended subsequent pregnancies



Reduction in welfare use



Reduction in criminal activity

Prenatal Health



Reduction in preterm delivery for women who smoke



Reduction in high-risk pregnancies



A MOTHER'S NFP JOURNEY

In the fall of 2015, the time came for my husband and me to take the test – the pregnancy test. We passed; it was positive. Excited but clueless, we knew we needed help. We didn't know the first thing about how to take care of a baby. We needed support and direction.

Thankfully, I found Nurse-Family Partnership. A visiting nurse came to my home, and help entered like a breath of fresh air! My visiting nurse was warm, respectful, knowledgeable, nurturing, and caring. I immediately trusted her. She took me under her wing and groomed me from an expecting woman to a caring mother. She taught me about pregnancy, labor, afterbirth, breastfeeding, and parenting. She gave me countless toys, books, and crafts and showed me how to make play dough and instruments with my son. She encouraged and guided me to pursue my own personal endeavors and dreams.

I connected with my nurse and I fell in love with this program. My husband and I will always remember our time with Nurse-Family Partnership. With the birth of our son, we became parents; with Nurse-Family Partnership, we walked confidently into parenthood.

Melinda Saunders-Wood
Mom to Eli Joseph Wood



THE DIFFERENCE YOUR GIFT CAN MAKE

St. Luke's NFP launched in 2001 and the program has grown into one of the largest NFP sites in Pennsylvania. It has since provided services to thousands of Lehigh Valley families.

Despite its success, there is still a long waitlist for NFP services—meaning many families in need are at risk of going without this valuable resource. **But you can help.**

Your gift to St. Luke's NFP is an **investment in the overall well-being of the Lehigh Valley**. Our program truly changes the way children grow, allowing them to live healthier, happier, more successful lives in our community.

Our generous donors make it possible for St. Luke's NFP to serve **more Lehigh Valley families in need**. They also contribute to an ongoing expansion of the types of resources NFP can provide to both babies and their parents throughout the first 1,000 days.

By making a gift to St. Luke's NFP, you are building better worlds for new babies and their families. Many NFP clients lack the support systems that are critical during this transitional time. Our nurses are like family to them, and **your gift makes that bond possible**.





HELP BUILD BETTER WORLDS

By supporting the St. Luke's NFP program, you are making a real difference for families in need.

The parents and children that enter our program form lifelong bonds with their nurses, and are healthier and happier as a result.

Please consider making your gift today by visiting:
sluhn.org/supportNFP

To learn more about opportunities for support, please contact DevelopmentOffice@sluhn.org or 484-526-3067.