



# Nurture Program

## **WHO IS ELIGIBLE FOR THE NURTURE PROGRAM?**

All Rochester, NY area families with an infant 12 months or younger qualify for Nurture support regardless of income level, marital or immigration status, gender, sexual orientation, race, nationality, or religion.

## **WHY MIGHT I NEED THIS SUPPORT?**

Every parent deserves the opportunity to rest, shower, exercise, and to feel productive in work or tackling household tasks. Every parent deserves the opportunity to spend time with an older sibling to reconnect, time to bond with their infant while household tasks are tended to and an opportunity to engage in non-judgmental conversation with volunteers who can offer a listening ear when the joys and challenges of parenting need to be shared. When Nurture volunteers offer support, caregivers feel less stressed about managing the day-to-day needs of household management and have more time to spend with family. With less stress and the opportunity to share joys and challenges parents can feel empowered on their journey.

## **WHEN SHOULD I CONTACT THE NURTURE PROGRAM TO SCHEDULE AN INTERVIEW?**

It is best to complete the Nurture Family Interest Form while you are still pregnant so our staff can invest the appropriate time to recommend a volunteer who can meet your needs, complement your personality, and be available once your baby arrives. However, you may contact the Nurture Program and initiate support any time in the first twelve months after the birth of your baby. If you or your baby have extenuating circumstances, the Program Coordinator will assess if we can offer you and your family support beyond the parameters described here.

## **HOW LONG IS THE SUPPORT PERIOD?**

If you are seeking in-person support, you will be matched with a volunteer who will provide 12 in-person visits over a 6 month time frame. Generally, the visits will be once a week for the first 8 visits and then bi-weekly for the following 4 visits. We recognize that families and volunteers may experience illnesses, vacations and other circumstances that may impact scheduling so there is some flexibility with regard to the weekly/bi-weekly structure.

If you would prefer phone/text support, you will be matched with a volunteer who will provide 12 scheduled check-ins over a 6 month time frame.

Due to illness or other scheduling conflicts, many families will do a combination of in-person support and phone/text support throughout the 6 month timeframe.

## **HOW LONG ARE VISITS AND PHONE/TEXT CHECK-INS?**

In-person visits may range from 1.5-2 hours long and phone/text check-ins may range from 5 minutes to 30 minutes long, depending on your need for support that day.

## **HOW CAN A VOLUNTEER SUPPORT ME?**

Our fully vetted, background-checked, and trained volunteers welcome the opportunity to focus on your needs as a new parent. They will support you in a non-judgmental manner. They can support you physically and emotionally, and can guide you to appropriate educational, professional, or community services. Your volunteer can support you with infant and child care, encourage your breastfeeding efforts, help with meal or snack preparation, encourage relaxing stroller walks for fresh air, offer time to share personal stories, and so much more.

## **HOW CAN THIS SUPPORT POSSIBLY BE FREE?**

Thanks to the generosity of our passionate volunteers, there is no charge for the support they offer. However, as you can imagine, there are expenses in managing such a program. These are covered through the grants from local foundations and donations from individuals who believe in the mental and physical wellbeing of all families.