

## Transcript of Jennifer Pudor Interview

Interviewer

Jennifer, explain what the Nurse Family Partnership program is and use the name, and how many are enrolled?

Jennifer Pudor

So Nurse Family Partnership is a program where we work with first-time pregnant women. They sign up for the program, it's a free voluntary program, and they sign up before they're 29 weeks along in their pregnancy. So we work with them through their pregnancy and until the baby is two years old. And it's a free voluntary program like I said. It's voluntary. You have to want to sign up for it, nobody can force them to sign up because if someone's being made to do something chances are they won't do it. But we work with -- there are four nurses right now that we have. We each have a case load of 25 so there's about 100 total women and girls that we're working with. And hopefully we can expand our program a little bit so we can help more women in the community. But it's really focused on helping a mother so they can help their baby have a good life.

Interviewer

So it's helping them developmentally, right?

Jennifer Pudor

Yeah. So all the stages of pregnancy, kind of what to expect during pregnancy as far as development of the fetus and different issues that women deal with during pregnancy. And then through all the different stages of infancy, kind of what to expect. We do different developmental screenings, questionnaires. We can refer them for other help if they need that. But it's really geared towards education. Teaching the mom or both parents if the dad's involved, how to be good parents. Ways to help them help their child

Interviewer

Today you taught the touch. Today I taught her -- and tell us what you did.

Jennifer Pudor

So today we talked about touch tones and the importance of touch with development of a baby. In the past we've talked about different ways to communicate with the baby. We were focusing on touch and how that can help the baby learn things. Infancy is such a unique time where the baby's brain is just growing rapidly. So the more things you can do to help that brain grow the smarter the baby will be. So we try to focus on the touch tones, teaching about good touch, introducing different textures because that can teach the baby different things, and to adding colors. So the whole time you're teaching about the textures with the touch, you're also talking -- telling them about you know, different colors, textures, hard, soft -- so all those are ways that the baby can learn new things.

Interviewer

And it's all learning for development. How does it help young mothers? Or first-time mothers?

Jennifer Pudor

Well being a first-time mother no matter what the age I think is a -- it's an exciting time but can also be a scary time. Dr. Olds, who started this Nurse Family Partnership over 30 years ago did a lot of research and found that working with first-time moms was really where you could do a lot for the future. You know, starting with first-time mom because then you can help the baby and hopefully... help that baby have a better future by teaching the mom how to do all these different developmental things with the baby, just to make them smarter and have a better life in the future. So that's one of the goals of this program.

Interviewer

So to stay on task for their age-appropriate development?

Jennifer Pudor

We do some of that screening for the development. If we have a concern then we would refer them to their pediatrician, or we could talk to their pediatrician about that and work with the pediatrician to get them some more help if that's what's needed.

Interviewer

What positive changes do you see in mothers and babies?

Jennifer Pudor

I see these positive changes in... the mother's confidence, I think, in being a new mom. They know things they can do with their baby to help their baby. And every mom wants their baby to be successful. I mean really we're raising the next generation of adults. So I see a lot of confidence in the mom. I think a lot of security knowing they have a nurse they can call to ask questions if they need to. I know they're being taught different ways that they can help their baby. If there's a problem, they can call us. So I think having that security we see a lot of confidence in the mom which helps their babies.

Interviewer

And changes in the mother's life course? Do you see mothers making better choices?

Jennifer Pudor

We see a lot of moms making good choices for the future. A lot of moms stay in school. We really promote finishing their education and promote them getting a job so they can be self-sufficient. We try to meet the mother's goal. When we first enroll somebody into the program we ask them what their heart's desire is. So we try to, through the course of our program, try to help them reach their goal. Most of those moms, their goals are to get through school or to get a job and be able to support their family in the future.

Interviewer

Tell us about Hailey and her baby Abby.

Jennifer Pudor

I met Hailey in April. She was about 27 weeks pregnant. She signed up for the program. And Hailey's a young mother, but she has a lot of support from her mother and from the father of the baby's mother. So I was able to do a lot of teaching with her during pregnancy, kind of what to expect the different stages of pregnancy and how the baby's developing in utero. We went through what labor and delivery will be like, kind of what to expect. And just how to care for a newborn. We talk about giving the first bath, we talk about cord care, we talk about watching for signs of infection, we talk a lot about tummy time, a lot about safety. We really talk about putting the baby on the back to sleep for the SIDS prevention. So we focus on just a whole scope of areas. It's not just development of the baby, it's really broad what we do with the parent. It's a lot of teaching. But Hailey has had a lot of support from her mother. She's back in school, she's doing really well in school, getting A's and B's. She's very motivated. She loves math and wants to go to college and be a math teacher. So she is thinking about the future, she's thinking of how she can support Abby because she wants a good life for Abby. Hailey was fortunate to have a lot of support from her parents and from the father of the baby. So they have a good relationship and they both care for the baby. And they're both good parents. They love Abby, Abby's a happy baby. Developmentally she seems to be doing really well.

Interviewer

What would young mothers do without a program like this? I know she signed up, but do you have an idea what the challenges are for young mothers this age?

Jennifer Pudor

Well, part of the research for this program was evidence-based. So over 30 years ago Dr. Olds did different trials, clinical trials, and they found a lot of benefits from this program. They have more people finish their education, there are a decrease in maternal and child death when they have a nurse involved. Oh, gosh... I'm not doing well on this question.

Interviewer

You're doing okay. Why does this work so well?

Jennifer Pudor

So this program works so well because they have someone in the home who's teaching (inaudible) education. And helping parents raise healthy kids. We are an extra set of eyes in case there is a problem. If there's a problem we can refer them for some help or help them to correct the problem. But we're also helping the mother reach her goals which I think is a big part of it because a lot of women have goals but they don't ever reach them. I think if you have the support of a nurse kind of guiding you in that direction, helping you reach that goal more of these women reach their goals.

Interviewer

Anything else you want to say about NFP?

Jennifer Pudor

I think it's a great program. I wish there were more nurses. Thinking back to when I was a first-time mother, I wish I had a nurse I could've asked all those questions to because when you're a first-time mother there's a lot of things you don't know. So it's really helpful to have someone who goes to your home and works with your schedule and can help you with all of those issues that come up with being a first-time mom.