

Good evening Chairman and Members of the Committee,

My name is Sara Torres. I am 19 years and I have a 9 month old baby boy.

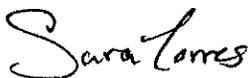
Nurturing Families is a program that helped me a lot as a first time mom. Nurturing Families gave me a lot of great tips that helped me to get a better understanding in how to help my son grow strong and healthy. My home visitor let me know that all babies have soft heads. She also helped me to get child care and when I needed appointments she was able to connect me with my provider. I especially remember when my home visitor helped me to get counseling while I was pregnant and also afterwards.

I was diagnosed with gestational diabetes when I was pregnant at the age of 18. My home visitor helps me to stay on top of my diabetes by asking me how I am doing and how my sugar level is. She also teaches me about foods that are healthy for my baby, and me. I learned about the importance of breastfeeding and that babies should not have honey when they are very young.

I believe that this program is very helpful to first time moms and is very valuable to all families and dads.

Please consider this important program when you are making decisions about the budget. I want you to remember how important the Nurturing Families Network is to young mothers like me!!

Sincerely,



Sara Torres
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