

Advice for New Parents: Embrace the Journey and Build Your Village



By Yunice Weston, December 22, 2025

HEALTH - As the new year begins, I've been reflecting on my journey as a first-time mom and the lessons I've learned along the way. For those of us stepping into parenthood for the first time, there's so much unknown. It's exciting, but for me it also came with a lot of anxiety. Looking at my daughter now, an outgoing and curious toddler, one message I want every parent to hear is this: Asking for help is not a sign of weakness—it's a courageous step towards giving your child a healthy start and caring for yourself, too.

When I found out I was pregnant, I knew I wanted to give my baby the best start in life, but I had so many questions and doubts. I'm someone who takes initiative, so I did my own research and reached out to the [VNS Health Bronx Nurse-Family Partnership \(NFP\)](#), a free program that supports first-time mothers from pregnancy through the child's second birthday through regular visits with an NFP nurse at home or wherever you feel most comfortable.

When I first met my nurse, Michele, I was nervous. Letting someone into my life like that felt like a big step. But Michele helped me feel comfortable from the start. She quickly became more than a clinician—she was a champion for me and my daughter. She checked in regularly, answered my endless questions, and gave me confidence in myself, reminding me that I was capable of being a great mother. When I wasn't sure if I could afford to go to school, she told me not to give up and worked to help me find tuition support. She was even there to help me navigate things as basic (but important!) as finding furniture to make my home safe and comfortable for my child. Her guidance and the resources she connected me to made a huge difference. Mentally, I felt like I had someone who “had my back” and was there through the good (and tougher) times.

Here are a few pieces of advice I'd share with expectant new parents:

1. Embrace the Journey

Parenthood isn't perfect, and that's okay. There will be moments of uncertainty, but each challenge is an opportunity to grow. Give yourself grace and celebrate small victories.

2. Prioritize Self-Care

Taking care of yourself helps you take better care of your baby. Whether it's a short walk, a quiet moment, or asking for help, self-care matters.

3. Build Your Village

Community takes many forms. Surround yourself with supportive friends and family, and seek out programs or groups that offer guidance. Through the Nurse-Family Partnership, I found childcare, connected to college tuition assistance, and made new friends. With everything I've learned, friends and family come to me for advice now—and I've even been thinking of becoming a nurse!

4. Don't Be Afraid to Ask for Help

Even if you think you have it all figured out, support can make a big difference. The Nurse-Family Partnership helped me overcome postpartum anxiety and the fear of not being good enough. No family is perfect—but with the right help, you can thrive.

Becoming a mother and joining VNS Health's Nurse-Family Partnership was one of the best decisions I've ever made. It gave me confidence, opened doors for my future, and reminded me that I'm never alone on this journey. If you're a new parent or expecting your first child, know that help is out there in many forms—and you deserve it.

Yunice Weston is a mother, Bronx native, and a recent graduate of the VNS Health Bronx Nurse Family Partnership. For more information about the program visit vnshealth.org/nurse-family-partnership/

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