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Northeast Georgia Medical Center
BRASELTON
Guide for New and Expectant Parents

6 / Ways to Help New Moms
Lending support can be more than stopping by with a casserole. Moms will appreciate all of these 12 ideas.

8 / As Baby Grows, Six Products that Keep Pace
Some carriers, car seats, cribs and highchairs can be converted for toddlers and older kids. These are our top picks.

10 / Advice from Media Moms
When the makeup comes off, these Atlanta moms whose voices and faces you may recognize are just like you – trying to raise happy and healthy kids. They share some of the best advice they’ve gotten.

15 / Mom-Approved Doctors
Finding a great obstetrician is the first step toward a healthy baby. Atlanta Parent readers recommend the physicians they trust.

20 / Where Will You Give Birth?
Our hospital chart provides a quick overview of the services at Atlanta area hospitals.

25 / What New Moms Need to Know
Becoming a new mom is challenging. Get great info on what to do if you have concerns about breastfeeding, SIDS, jaundice and more.

Andrea V. Hill, M.D.
As the founder of Monroe Pediatrics and a mother of two, who are 2 1/2 and 22 years old, Dr. Hill has extensive experience with children of all ages. She opened Monroe Pediatrics, Inc. in 2002 to provide patients with a place where they are treated with quality care and with compassion. Dr. Hill attended medical school at Texas A&M and completed her pediatric residency there as well. She is board certified in Pediatrics and a Fellow of the American Academy of Pediatrics.

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12 WAYS TO SUPPORT A NEW MOM

by Sarah Lyons

Adjusting to having a new baby in the house can be difficult for the whole family. Sleepless nights and a change in routine can leave mom feeling overwhelmed and exhausted. Offering support can help the family adjust to their new normal. Here are some ideas:

1. **Stop by the store**
   Going to the store with newborn and possibly older children for the first time can be a daunting task. Offer to pick up a few things the family needs. This is especially easy if you are already running errands. Many grocery stores now offer drive-through pick up. Have the family order and pay for groceries online, then pick them up and deliver them. Helping to put them away would be an extra bonus.

2. **Help around the house**
   Sweep the floor, fold laundry, vacuum, or do dishes. Even a little bit of tidying up can make a big difference. A clean house during a time of transition can bring order to a time that feels chaotic. However, mom may prefer to clean herself. Offer to care for the baby and other children while she works on a household project.

3. **Come when others don't**
   Not all new moms are “new moms.” Families that are adding their second, third or fourth child need help just as much as first-time moms, if not more. When there are older children there is no time for resting when the baby rests. Their activities do not stop just because a new baby arrived and mom and dad are tired. It can be difficult to entertain a toddler while mom is nursing or changing diapers. Offer to take care of the older children for mom or offer to take care of baby so she can spend some alone time with her older children.

4. **Provide a meal**
   Friends and family often send versatile casseroles like lasagna after the new baby is home. Try thinking outside the 13x9 pan. Why not bring the family the fixings for breakfast and lunch rather than just dinner? Stock the freezer with easy, ready-to-make items like pizza, pasta dishes, soups and crock pot meals. Then the family can pull something out of the freezer when they are not up for cooking. Crunched for time or don’t feel like making an extra meal? Bring the family their favorite takeout or send a gift card.

5. **Set up a train**
   When one meal just doesn’t cover it, set up a meal train using websites like signupgenius.com or takethemameal.com. Discuss with the family the most convenient dates and times to deliver meals and solicit friends to fill all the open spots. Social media is a great place to recruit people you might not think to ask.

6. **Let her shower**
   A new mom may feel she doesn’t have time for basic things like a shower, rest, or time to eat a meal. One of the simplest ways to help a new mom is to hold the baby and watch the other children while she eats lunch, enjoys a relaxing shower, or takes a short nap. When mom is rested, fed, and freshened up, it can really make her feel ready to take on the rest of the day.
Help with the older kids
Show support by offering to pick up the older kids, even if it’s just for a couple hours. If you are taking your own children to the park, swing by and pick up her’s for the afternoon. This gets them out of the house and gives mom a break. Driving the kids to school or activities is also a big help for a family with a new baby. Time alone with baby may be just what mom needs.

Ask about her birth story
Giving birth is a huge milestone, an experience no mom will ever forget. Every birth has a story and many times, there aren’t a lot of chances to tell it. Ask about her birth story and listen. Becoming a mom is a joyful, stressful, awe inspiring, and life changing experience. Telling the birth story helps women to process and embrace this new journey.

Bring a gift for mom
Many people bring gifts for the baby, but mom is usually the one doing all the work. Bring a snack or treat for mom to enjoy. Other great gifts are ones that pamper mom or make her feel beautiful and comfortable in her postpartum body. Lotion, perfume, a new nightgown, or slippers are some good ideas. A delivery of flowers is another great way to bring cheer and make mom feel special.

Don’t stay too long
Families who have newborns generally like to have company, especially if they pitch in around the house and with the kids. However, don’t overstay your welcome. New parents tire easily. Visit the family, bring a meal, and help out but watch for clues from mom as to when the family would like some alone time.

Take her somewhere
Mom may not be able to drive for a few weeks after birth. Offer to take her on errands or just out for coffee. Being able to get out of the house can do wonders for someone’s attitude.

Don’t give advice
An important tip for anyone chatting with a new mom is to listen but don’t give advice unless you are asked. It can be frustrating and overwhelming to get unsolicited advice from everyone. It’s important to ask mom what would help her. Would she prefer to have help with housework? Would she like you to hold the baby while she gets some things done? Some moms would prefer to have someone to chat with for awhile and some moms may want to get out of the house for a bit. Offer several options and see what sounds most appealing to the new mom. Any offer to help is always appreciated by a family adjusting to having a new baby in the house.

Not all new moms are “new moms.” Families that are adding their second, third or fourth child need help just as much as first-time moms, if not more. When there are older children there is no time for resting when the baby rests.

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  Start by carrying your infant in front of your body with head support, and as your child grows, switch to the wide position and wear as a backpack. Available at infantino.com for $29.99.

- **Moba Moses Basket**
  This is a product your child will use well beyond the baby years. The basket is a far cry from traditional wicker or wooden Moses baskets, and is made from plastic that is antimicrobial and hypoallergenic, and also can be washed. It has air holes around the sides and base of the basket to maximize ventilation. After your baby outgrows the basket, it is a sturdy place to hold toys. Available at mobausa.com for $180 and shop.nordstrom.com.

- **Stokke**
  This company knows about creating products to grow – from highchairs to strollers and cribs. The Tripp Trapp chair is our favorite; it transforms from a baby highchair to dining room chair fit for every age. Available in a variety of colors at stokke.com from $249.

- **Graco Convertibles and All-in-One Car Seats**
  These car seats transition from infant rear-facing seats to booster seats for your older child. The collection features several options and price-points. The 4-Ever 4-in-1 Convertible Car Seat can be used for children weighing 4-120 pounds, for several years of use. Available at gracobaby.com for $299.99.

- **Skip Hop Moby Smart Sling 3-Stage Tub**
  This tub grows with baby from birth to when he is learning to sit. The sling locks into two positions: higher for full-body support and lower for seated support. Remove the sling when baby has mastered sitting. Available at skiphop.com for $30.

- **Babyletto Convertible Cribs**
  This brand has several versions of a crib to grow with your child. A favorite is the Gelato model, a 4-in-1 crib, which goes from crib to toddler bed to daybed and eventually a full-size bed (with purchase of an additional conversion kit). Available at babyletto.com for $399.

- **Babyletto Convertible Cribs**
  This brand has several versions of a crib to grow with your child. A favorite is the Gelato model, a 4-in-1 crib, which goes from crib to toddler bed to daybed and eventually a full-size bed (with purchase of an additional conversion kit). Available at babyletto.com for $399.
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by Teresa Farkas

They are the familiar voice you hear on the radio each morning, the behind-the-scenes of TV networks, or the predictor of the weekend weather. These women are moms, just like you. Atlanta Parent asked them how they balance powerful careers in Atlanta’s media, and when the makeup comes off, how they handle being mom.

CARA KNEER
Host, Atlanta & Company Talk Show (NBC)
James, age 4 years, 6 months; Issac, 18 months

After hosting the daily talk show, Cara Kneer switches gears to be with her sons. She says the best advice anyone gave her about being a mom is to “love your child for who they are, not who you want them to be.” She says that working makes her a better mom. “I’ve lived both, working and not working, and I can honestly say it is hard for me to stay home,” she says. “I realize it makes me a better mom if I have both.” She spends her free time with her boys at Fernbank Museum of Natural History and at local splash pads and playgrounds.

“Love your child for who they are, not who you want them to be. It is the hardest job as a mom to foster this, but it’s important.”

ANDREA BIBBS
Director of Ad Sales Integration, HLN/HLNtv.com
Bailey, age 4; Braeden, 18 months

Andrea Bibbs has worked for Turner Broadcasting System for over 17 years, starting there as an intern, and now as director of Ad Sales Integration at HLN. Her own mom shared this advice: “To take care of myself and not feel guilty about it. Fill up your power source first.” After becoming a first-time mom, she was surprised she could juggle everything. “Before I was a mom, I was wondering how I would sleep and eat and keep a child alive. An invisible cape comes on and it allows you to survive off a few hours of sleep or no sleep.” Bibbs set a goal after breastfeeding. “I started working out again. I have a goal of running ten 5k races, and I’m now at seven. I’m also training for a triathlon.” She spends her free time with her kids attending museum openings, to see her husband’s work or other artists’, and competing in races.

“To take care of myself and not feel guilty about it. Fill up your power source first.”

ADVICE FROM ATLANTA MEDIA MOMS
KATIE BEASLEY
Host, Good Day Atlanta (FOX)
Ava, will be 2 years in October

After work, Katie Beasley loves coming home, taking the makeup off and playing with her daughter. With her friends, she created an email chain of advice and best products to share. “We have a baby registry list email and I continue to add things I can’t live without, or would do differently. Things like getting them in their crib instead of the bed or products that were a waste of money.” She follows the advice she was given when she first had Ava: “Sleep when the baby sleeps. We took a lot of naps together during my three months of maternity leave.” In her free time, Beasley frequents the Children’s Museum of Atlanta and local malls with her daughter.

“Sleep when the baby sleeps. We took a lot of naps together during my three months of maternity leave.”

KATIE WALLS
Meteorologist, WSB-TV (ABC)
Kenneth Robert, 7 months

Katie Walls is a relatively new mom. She went into labor soon after telling Atlantans about the weather on Channel 2 Action News Nightbeat. She was told by her friend Julie, “You will make mistakes, but don’t beat yourself up for it.” She survives the work and mom balance by making sure to prepare the night before. “It is a constant juggling act with a lot of forethought the night before for the following day, making sure everything is ready for him.” Walls spends her free time walking with her son around the neighborhood, which she says has helped her lose baby weight.

“It is a constant juggling act with a lot of forethought the night before for the following day, making sure everything is ready for him.”

JENN HOBBY
Radio personality, Star 94.1
Lauren, age 4; Reese, will be 2 years in September

Jenn Hobby says the best advice she received about being a new mom is “Do something brave every day. It can be just getting out of bed and walking around, it’s different for every mom.” Her daughter Reese is one year with a clean report after a battle with pediatric cancer, which Hobby says changed everything. “You realize the things you worry about are very small compared to being healthy and happy.” She balances mom and work life with help from her husband. “I have an awesome partnership with my husband Grant, and we share the responsibility of parenting. Pick the right partner who will be in it with you 100 percent.” Hobby and her girls spend their free time at Braves games and visiting Marietta Square.

“Do something brave every day. It can be just getting out of bed and walking around, it’s different for every mom.”

Cont’d on page 12
ATLANTA MEDIA MOMS

Products: Favorites and Throw-Aways from the Moms

■ Cara Kneer

“Big sleep swaddlers like the Moms on Call Swaddle blankets – they are the key to getting baby to sleep. Burp cloths that also stretch over the car seat are the best. I always buy the Milk Snob brand for my friends who are new moms. They are stretchy, washable and come in fun colors.”

“You need about five pairs of zip pajamas – half of the clothes people give you, you don’t use. All of the clothes are cute, but not practical. I think my boys spent the first 6 months in onesies.”

■ Jenn Hobby

“Gro-eggs are great, they test the temperature of your baby’s room by light changes. From red, orange to blue depending if it’s too hot or too cold. I didn’t have to check the thermostat, and we still use these in the girls’ rooms. Also the Medela Breast Pump, great to balance pumping with work.”

“Lauren didn’t like the BabyBjorn, but Reese did. I was never good at those wrapping carrier things, I would just end up tangled up in it!”

■ Katie Walls

“The Beco Carrier was the best the first three months because he didn’t want to be put down. His play mat and Sophie the Giraffe. A funny thing I received, and didn’t think I would use, but do, is the Wee Block – it’s very useful for a baby boy. I also love OxiClean for getting stains out.”

“The snot sucker was a shocker to receive, and I haven’t used it yet, but probably will eventually when the time comes.”

■ Katie Beasley

“The sound machine is very handy, especially with my hours. Blackout curtains, really soft blankets and pacifiers – comfort things.”

“The wiper warmer went right back to the store.”

■ Andrea Bibbs

“Munchkin Arm & Hammer Disposable Changing Pads, I use this for everything, bottom of car seat and on top of changing areas. I give this to all of my new-mom friends. Doc-A-Tot was the best thing when we had my son, we didn’t feel afraid to have him in the bed, and it was a great tool to transition him to the crib.”

“Clothes, a lot of clothes. Before you know it, the really cute things are too small. Pacifiers, my kids didn’t like them at all. Cloth bibs, I love the plastic ones, less laundry to do.”
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### MOM-APPROVED DOCTORS

**Atlanta Parent** asked readers to recommend obstetricians, midwives and fertility specialists they trust for excellent medical care.

| OB-GYNs                                                                 | Women’s Health Specialists                                                                 | OB-GYN Associates Marietta, Marietta                                                                 | Northside/Northpoint OB-GYN, Atlanta                                                                 | Cherokee Women’s Health Specialists, Canton and Woodstock | Cherokee Women’s Health Specialists, Woodstock | Northeast Georgia Physicians Group OB/GYN, Braselton | Northeast Georgia Physicians Group OB/GYN, Lawrenceville | Atlanta Women’s Specialists, Atlanta | Atlanta Women’s Obstetrics & Gynecology, Atlanta | Atlanta Women’s Obstetrics & Gynecology, Atlanta | Cherokee Women’s Health Specialists, Canton and Woodstock | Cherokee Women’s Health Specialists, Canton and Woodstock | Cherokee Women’s Health Specialists, Woodstock | Cherokee Women’s Health Specialists, Canton and Woodstock |
|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|
| Alarcon, Carlos, MD                                                     |                                                                                           | Marietta OB-GYN, Marietta                                                                            |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Babaliaros, Katie, MD                                                  |                                                                                           | Peachtree Women’s Specialists, Atlanta                                                               |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Bailey, Jason, MD                                                      |                                                                                           | Northeast Georgia Physicians Group OB/GYN, Gainesville                                              |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Barger, Robert Brett, MD                                               |                                                                                           | The Longstreet Clinic, Gainesville                                                                   |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Bassil, Christopher E., MD                                             |                                                                                           | Obstetrics & Gynecology of Atlanta, Atlanta                                                          |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Biggs, Vanessa J., MD                                                  |                                                                                           | Atlanta Women’s Obstetrics & Gynecology, Atlanta                                                    |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Bill, II, Elbridge F.                                                  |                                                                                           | Alliance Ob/Gyn, Alpharetta and Sandy Springs                                                       |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Bizon, Jeffrey, MD                                                     |                                                                                           | The Longstreet Clinic Center for Women’s Health, Gainesville                                        |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Boazman, Valeria F., MD                                               |                                                                                           | Gwinnett Physicians Group OB/GYN, Lawrenceville                                                     |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Bootстaylor, Brad S., MD                                               |                                                                                           | SeeBaby Midwifery, Atlanta                                                                           |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Bounkeua, Viengngeun, MD                                               |                                                                                           | Northeast Georgia Physician Group OB/GYN, Gainesville                                              |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Carmichael, Stephanie, MD                                              |                                                                                           | Total Women’s Health & Wellness Center, Decatur                                                     |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Carter, Marlo, MD                                                      |                                                                                           | Women’s Specialists of Fayette, Fayetteville                                                         |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Chappell, Mary L., MD                                                  |                                                                                           | OB-GYN Associates Marietta, Marietta                                                                |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Chongulia, Terry, MD                                                   |                                                                                           | Women’s Health Associates of Walton, Monroe                                                         |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Collins, Betsy, MD                                                     |                                                                                           | Emory Gynecology and Obstetrics, Atlanta                                                            |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Conn, Michael P., MD                                                   |                                                                                           | The Longstreet Clinic, Gainesville                                                                   |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Counihan, Melissa, MD                                                  |                                                                                           | Peachtree Women’s Specialists, Atlanta                                                               |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Cowthorn, Timothy N., DO                                               |                                                                                           | Greystone OB/GYN, Conyers                                                                            |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Cox, Clayton, MD                                                      |                                                                                           | North Georgia Physicians Group OB/GYN, Braselton and Gainesville                                   |                                                                                                      |                                                              |                                                          |                                                             |                                                              |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Crigler, Britton, MD                                                   |                                                                                           | Cherokee Women’s Health Specialists, Canton and Woodstock                                           |                                                                                                      |                                                              |                                                          |                                                             |                                                             |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Dawson, Michael, MD                                                   |                                                                                           | Atlanta Women’s Specialists, Atlanta                                                                |                                                                                                      |                                                              |                                                          |                                                             |                                                              |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Eaccarino, Mary, MD                                                   |                                                                                           | Roswell OB/GYN, Cumming                                                                              |                                                                                                      |                                                              |                                                          |                                                             |                                                              |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Frederick, Hughan, MD                                                 |                                                                                           | Nile Women’s Health Care, Roswell                                                                   |                                                                                                      |                                                              |                                                          |                                                             |                                                              |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Gandhi, Peaehen, MD                                                   |                                                                                           | Cherokee Women’s Health Specialists, Canton and Woodstock                                           |                                                                                                      |                                                              |                                                          |                                                             |                                                              |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Garcia, Jose A., MD                                                   |                                                                                           | Peacrehew Women’s Clinic Obstetrics and Gynecology, Atlanta                                         |                                                                                                      |                                                              |                                                          |                                                             |                                                              |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Garlich, Caro, MD                                                     |                                                                                           | The Longstreet Clinic, Gainesville                                                                   |                                                                                                      |                                                              |                                                          |                                                             |                                                              |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Geltz, Christian D., DO                                                |                                                                                           | Gynecology & Obstetrics of DeKalb, Decatur                                                         |                                                                                                      |                                                              |                                                          |                                                             |                                                              |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Gumer, Arthur, MD                                                     |                                                                                           | North Atlanta Women’s Specialists, Atlanta                                                           |                                                                                                      |                                                              |                                                          |                                                             |                                                              |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Haley, James, MD                                                      |                                                                                           | Cherokee Women’s Health Specialists, Canton                                                        |                                                                                                      |                                                              |                                                          |                                                             |                                                              |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Hall, Sekeyta, MD                                                     |                                                                                           | WellStar Medical Group South Cobb OB/GYN, Smyrna                                                     |                                                                                                      |                                                              |                                                          |                                                             |                                                              |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Harrison, Holt, MD                                                     |                                                                                           | Northeast Georgia Physicians Group OB/GYN, Braselton                                                 |                                                                                                      |                                                              |                                                          |                                                             |                                                              |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Harrison, Sabrina, MD                                                  |                                                                                           | Sovereign Women’s Healthcare, Roswell                                                               |                                                                                                      |                                                              |                                                          |                                                             |                                                              |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Hood, S. Alice, MD                                                    |                                                                                           | Atlanta Women’s Obstetrics & Gynecology, Atlanta                                                    |                                                                                                      |                                                              |                                                          |                                                             |                                                              |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Hudson, Angela, MD                                                    |                                                                                           | Women’s Healthcare Center of Georgia, Powder Springs                                               |                                                                                                      |                                                              |                                                          |                                                             |                                                              |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Jenkins, W. Tommy, MD                                                 |                                                                                           | The Longstreet Clinic, Gainesville                                                                   |                                                                                                      |                                                              |                                                          |                                                             |                                                              |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Jewell, Bryan, MD                                                     |                                                                                           | Haven OB/GYN, Atlanta                                                                                 |                                                                                                      |                                                              |                                                          |                                                             |                                                              |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |
| Johnson, V. Leah, MD                                                  |                                                                                           | Atlanta Women’s Specialists, Atlanta                                                                |                                                                                                      |                                                              |                                                          |                                                             |                                                              |                                                              |                                                             |                                                             |                                                             |                                                             |                                                             |

**“Dr. Crystal Terrill of The Longstreet Clinic**

made every visit relaxed and like we were friends catching up. She answered all our silly questions and put us (especially me) at ease.”

_Cherish / Hoschtont_
Michael Dawson, MD; V. Leah Johnson, MD; Tressa Levenson, MD

Dr. Michael Dawson was drawn to medicine and the opportunity to help others when he worked in an emergency room during college. His true calling became apparent during his medical training after he got to deliver a baby on his first day of rotation in obstetrics.

He also finds great satisfaction in knowing his interaction with a patient has made a difference, either by helping her feel physically better or by assuring her that her concerns have been heard.

Dr. V. Leah Johnson believes she has the best job because it’s never the same day twice. A diverse group of patients with a wide array of healthcare needs keeps her work interesting. Dr. V. Leah Johnson may perform surgery, deliver a baby and advise a patient entering menopause...all in the same day.

Dr. V. Leah Johnson says her patients appreciate her surgical skills and bedside manner.

Dr. Tressa Levenson always knew that she wanted to become a physician, and her love of helping care for women during important times in their lives prompted her to become an Ob-Gyn.

“What we do is very personal,” says Dr. Tressa Levenson. “Being able to experience these journeys with our patients is something most physicians do not get to experience.”

Dr. Tressa Levenson’s patients not only benefit from her passion for women's care, but also find that she is caring and understanding, with a comforting bedside manner.

Our Ob/Gyn Physicians: Yvette M. Smith, MD, Juanita Wyatt-Hathaway, MD, V. Leah Johnson, MD, Michael Dawson, MD, Stanley Angus, MD, Sarah Jeffers, MD, Tressa Levenson, MD.
Longstreet Clinic

Congratulations to our providers for being recognized as Mom Approved Top Docs. At Longstreet Clinic, our providers know that caring for a woman’s health requires more than just good medical care. Every woman is more than a patient – she’s a mother, sister, friend and daughter.

Our highly trained professionals are proud to provide the latest techniques and technology. From well woman exams to maternal care, we are proud to offer:

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- Certified nurse midwives
- Gynecological care
- Minimally invasive & robotic GYN surgery
- Perinatology
- Digital screening & diagnostic mammography

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R. Brett Barger, MD
OB/GYN

Jeffry J. Bizon, MD
OB/GYN

Karin D. Dillard, MD
Gynecology

Cricket Garlich, MD
Gynecology

W. Thomas Jenkins, MD
OB/GYN

Crystal A. Terrill, DO
OB/GYN

Kim Blasingame, CNM
Certified Nurse Midwife

Liz S. Coleman, CNM
Certified Nurse Midwife
Emory Clinic’s Department of Gynecology and Obstetrics congratulates Dr. Betsy Collins and Dr. Jessica Spencer on their selections as Mom-Approved Doctors! We are proud that Atlanta’s moms have recognized the compassion and skill that these physicians provide.

Dr. Collins, who sees patients at our Emory University Hospital Midtown location, earned her medical degree and master’s degree in public health from The Ohio State University College of Medicine. She completed her residency at Emory University School of Medicine. One of our general obstetrician-gynecologists, she provides the full-range of gynecologic and obstetrical care.

Dr. Spencer is the division director of our reproductive endocrinology and infertility division and sees patients at the Emory Reproductive Center at Emory University Hospital Midtown. She received her medical degree from Sackler School of Medicine, completed her residency at David Geffen School of Medicine at UCLA, and then completed her fellowship at Emory University School of Medicine.

Dr. Collins and Dr. Spencer are part of a team of more than 40 providers who are committed to providing women with the highest quality and most advanced health care for all stages of their lives, from adolescence to obstetrics to menopause, and beyond. All of our providers are accepting new patients and would welcome the opportunity to meet your medical care needs.

Since 1993, Cherokee Women’s Health has delivered more babies at Northside Hospital-Cherokee than all other OB practices combined. In 2017, the practice was voted #1 “Reader’s Choice” in all three locations of Towne Lake, Woodstock, and Canton.

Together, these providers form a powerhouse OB team, offering High-Risk Pregnancy Management along with Midwives on staff.

Pregnant women who come to Cherokee Women’s Health Specialists find a truly holistic practice, combining a significant depth of knowledge with technological advances. All the physicians have the expertise to manage high-risk obstetrics, and three are double board certified in Female Pelvic Medicine and Reconstructive Surgery. Ultrasound services are nationally accredited by the American Institute of Ultrasound in Medicine, with members of the physician team experts at both plant-based nutrition and noninvasive muscle floor pelvic strengthening options for a healthy and holistic approach to pregnancy.

Certified Nurse Midwife Susan Griggs and Ruth Roser round out this team of providers to complete the picture of a practice with total dedication to the health of their patients, before and after childbirth.

Cherokee Women’s Health Specialists, PC
227 Riverstone Drive
Canton 30144
100 Stone Forest Dr., Ste. 200
Woodstock 30189
cherokeewomenshealth.com
770-720-7733

Betsy Collins, MD, MPH; Jessica Spencer, MD, MSc

Emory University Campus
Building A, 4th Floor
1365 Clifton Rd. NE
Atlanta 30322

Emory University Hospital Midtown
Ob/Gyn: 8th Floor
Reproductive Center: 18th Floor
550 Peachtree St. NE
Atlanta 30308

Emory Saint Joseph’s Hospital
5673 Peachtree Dunwoody Rd. NE
Suite 700
Atlanta 30342

Emoryhealthcare.org/gyn
404-778-3401

Michael Litrel, MD; Peahen Gandhi, MD
James Haley, MD; Britton Crigler, MD

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- Comprehensive infant care including NICU availability
- Specialized breastfeeding support
- Prenatal education from childbirth to sibling classes

WellStar Atlanta Medical Center    WellStar North Fulton Hospital
WellStar Cobb Hospital             WellStar Spalding Regional Hospital
WellStar Douglas Hospital         WellStar West Georgia Medical Center
WellStar Kennestone Hospital
<table>
<thead>
<tr>
<th>Hospital</th>
<th>Private (P) Mat. Beds</th>
<th>Birthing Rooms LDR/LDRP**</th>
<th>Births Per Month</th>
<th>C-Section Rate</th>
<th>Maternity Tours</th>
</tr>
</thead>
<tbody>
<tr>
<td>DeKalb Medical</td>
<td>52-P</td>
<td>18 LDR</td>
<td>350</td>
<td>18% Primary 17% Repeat</td>
<td>By appt. 404-501-9355 or online</td>
</tr>
<tr>
<td>Eastside Medical Center</td>
<td>22-P</td>
<td>13 LDR</td>
<td>100-120</td>
<td>37%</td>
<td>Second and fourth Thurs. 6-8-30 p.m.</td>
</tr>
<tr>
<td>Emory Johns Creek Hospital</td>
<td>13-P</td>
<td>8 LDR/LDRP**</td>
<td>110</td>
<td>17% Primary 17% Repeat</td>
<td>By appt. 404-778-7777</td>
</tr>
<tr>
<td>Emory University Hospital Midtown*</td>
<td>48-P</td>
<td>18 LDR</td>
<td>450</td>
<td>12.7% Primary 15.1% Repeat</td>
<td>1st, 2nd &amp; 3rd Thurs. at 6:30 &amp; 7:30 p.m. and on request 404-778-7777</td>
</tr>
<tr>
<td>Grady Memorial Hospital</td>
<td>27-P</td>
<td>12 LDR</td>
<td>250</td>
<td>14.5% Primary 13.25% Repeat</td>
<td>By appt. 404-616-1000</td>
</tr>
<tr>
<td>Gwinnett Women’s Pavilion</td>
<td>37-P</td>
<td>19 LDR</td>
<td>461</td>
<td>33%</td>
<td>Tues. 6:30 &amp; 7:30 p.m.; One Sat. per month 9 a.m. and 10 a.m. Register: 678-312-5000</td>
</tr>
<tr>
<td>Northeast Georgia Medical Center Gainesville</td>
<td>30-P</td>
<td>18 LDR</td>
<td>300</td>
<td>15% Primary 31% Total</td>
<td>By appt. online</td>
</tr>
<tr>
<td>Northeast Georgia Medical Center Braselton</td>
<td>10-P</td>
<td>10 LDRP</td>
<td>80</td>
<td>17% Primary 34% Total</td>
<td>By appt. online</td>
</tr>
<tr>
<td>Northside Hospital Atlanta</td>
<td>200-P</td>
<td>42 LDR</td>
<td>1,350</td>
<td>38%</td>
<td>By appt. 404-845-5555 or online</td>
</tr>
<tr>
<td>Northside Hospital Cherokee</td>
<td>10-P</td>
<td>8 LDRP</td>
<td>100</td>
<td>34%</td>
<td>By appt. 404-845-5555 or online</td>
</tr>
<tr>
<td>Northside Hospital Forsyth</td>
<td>24-P</td>
<td>6 LDR</td>
<td>275</td>
<td>37%</td>
<td>By appt. 404-845-5555 or online</td>
</tr>
<tr>
<td>Piedmont Athens Regional Medical Center</td>
<td>28-P</td>
<td>10 LDR</td>
<td>200</td>
<td>28%</td>
<td>Register online</td>
</tr>
<tr>
<td>Piedmont Atlanta Hospital</td>
<td>29-P</td>
<td>14 LDR</td>
<td>300</td>
<td>37%</td>
<td>Register online</td>
</tr>
</tbody>
</table>

*numbers effective Oct. 1.
It seems like there are a million little things to do before baby comes. One of your first decisions as a parent is where to deliver your infant. We’ve put together a list of 26 metro-area hospitals, including birthing rooms and birth rates. Make a list of questions to ask the staff so you can get a better feel for what each facility has to offer. Take advantage of hospital tours, figure out your insurance details beforehand, and learn the policies for visitation and guests in the delivery room. Being prepared will lead to a better experience for you and your baby.

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Private (P) Mat. Beds</th>
<th>Birthing Rooms LDR/LDRP**</th>
<th>Births Per Month</th>
<th>C-Section Rate</th>
<th>Maternity Tours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Piedmont Fayette Hospital</td>
<td>24-P</td>
<td>12 LDR</td>
<td>200</td>
<td>20.9% Primary</td>
<td>Third Sun. of each month at 2 p.m. Every Thurs. at 6 p.m. Register online</td>
</tr>
<tr>
<td>Piedmont Henry Hospital</td>
<td>18-P</td>
<td>12 LDR</td>
<td>200</td>
<td>16% Primary 51% Repeat</td>
<td>Register online</td>
</tr>
<tr>
<td>Piedmont Mountainside Hospital</td>
<td>7-P</td>
<td>3 LDR/LDRP</td>
<td>30</td>
<td>21.4% Primary 78.6% Repeat</td>
<td>Register online</td>
</tr>
<tr>
<td>Piedmont Newnan Hospital</td>
<td>14-P</td>
<td>5 LDR/LDRP</td>
<td>104</td>
<td>32.5%</td>
<td>Tours first and third Sat. of each month at 10 a.m. Register online</td>
</tr>
<tr>
<td>Piedmont Newton Hospital</td>
<td>8-P</td>
<td>8 LDR/LDRP</td>
<td>73</td>
<td>31%</td>
<td>Register online</td>
</tr>
<tr>
<td>Rockdale Medical Center</td>
<td>29-P</td>
<td>17 LDR/LDRP</td>
<td>150</td>
<td>30%</td>
<td>By appt. 1-800-424-3627 or online</td>
</tr>
<tr>
<td>Southern Regional Medical Center</td>
<td>40-P</td>
<td>14 LDR/LDRP</td>
<td>170</td>
<td>28.5%</td>
<td>Wed. 6 p.m. Register:770-991-8246</td>
</tr>
<tr>
<td>WellStar Atlanta Medical Center</td>
<td>30-P</td>
<td>13 LDR/LDRP</td>
<td>200</td>
<td>30%</td>
<td>By appt. 877-309-0695 or online</td>
</tr>
<tr>
<td>WellStar Cobb Hospital</td>
<td>38-P</td>
<td>20 LDR/LDRP</td>
<td>300</td>
<td>19% Primary 35% Repeat</td>
<td>By appt. 770-956-7827</td>
</tr>
<tr>
<td>WellStar Douglas Hospital</td>
<td>7-P</td>
<td>7 LDR/LDRP</td>
<td>40</td>
<td>22%</td>
<td>By appt. 770-920-6240</td>
</tr>
<tr>
<td>WellStar Kennestone Regional Medical Center</td>
<td>70-P</td>
<td>19 LDR/LDRP</td>
<td>500+</td>
<td>28%</td>
<td>By appt. 770-956-7827</td>
</tr>
<tr>
<td>WellStar North Fulton Hospital</td>
<td>20-P</td>
<td>6 LDR/LDRP</td>
<td>90</td>
<td>13.1%</td>
<td>By appt. 770-751-2660</td>
</tr>
<tr>
<td>WellStar Spalding Regional Hospital</td>
<td>21-P</td>
<td>4 LDR/LDRP</td>
<td>80-100</td>
<td>35%</td>
<td>First and Third Tues. of the month, 6 p.m. Register: 770-467-6136 or online</td>
</tr>
</tbody>
</table>

*The information on this chart has been provided by each hospital. **Labor, Delivery, Recovery, Postpartum Rooms*
Right Pacifiers, Perfect Teethers
Help ease teething pain or add comfort with these products.

- The Pop: A pacifier has never been this clean – the special design of this bright, pacifier pops close when dropped on the ground. The silicone, self-protective bubble comes to the rescue the second it is dropped. Available at doddleandco.com for $9.99.

- Sophie the Giraffe: She is a classic, pretty much found at every baby shower or on any wish list, for good reason. The angles allow so many ways for baby to grab and chew to help ease teething pain. She is made of 100 percent natural plant dyes and rubber, so no need to worry about baby chewing on something harmful. Available at most major retailers for around $25.

- MAM Pacifiers: These pacifiers are anatomically correct, adapting to baby’s mouth so the pacifier is always in the proper position. They are made of soft silicone and have an open shield around the edge for good air flow. Available at most major retailers for $5-$6.

- Fun Ice Foot and Hand Chewy Teethers: Refrigerate or cool these easy-to-grip packs to help with teething pain. They are BPA-free and have multiple surfaces for chewing and for small hands to hold. Available at munchkin.com for $2.50 each.

- Loulou Lollipop Teethers: French fries, donut and even bubble tea – these cute teethers are whimsical and have many crevices for baby to chew upon. They are made of soft silicone and clip right onto baby’s clothes so they don’t get lost. Available at louloulollipop.com for $14-$26.

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The Perry Family LOVE Goldfish: THE BONDING WE ENJOYED AND THE SAFETY SKILLS WE LEARNED... JULIE PERRY

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COME VISIT AN OPEN HOUSE

<table>
<thead>
<tr>
<th>Season</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>Tuesday, November 7, 2017</td>
</tr>
<tr>
<td>Winter</td>
<td>Thursday, January 25, 2018</td>
</tr>
<tr>
<td>Spring</td>
<td>Tuesday, May 1, 2018</td>
</tr>
</tbody>
</table>

RSVP for Open Houses or weekly campus tours at holyspiritprep.org/visit.

An independent Catholic school near Chastain Park. holyspiritprep.org/visit.
Congratulations Dr. Harmon!
This year marks the 30th anniversary of Pediatric Ear, Nose & Throat of Atlanta, P.C. As we celebrate this milestone, we also celebrate Dr. Paula Harmon, who has been named a 2017 “Mom-Approved” Doctor by readers of the Atlanta Parent Magazine.

For the last 30 years, PENTA has been a parent’s choice for treating infants, adolescents and young adult patients with quality care for all ENT-related issues, from airway aspirations and ear infections to cochlear implants and neck masses. PENTA has seven convenient locations throughout the metro Atlanta area: Atlanta, Alpharetta, West Cobb, Fayetteville, Forsyth, Gwinnett and East Cobb. For more information, visit ChildrensENT.com.

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What New Moms Need to Know

Jaundice

Some newborns have yellowing of their eyes and skin in the first week of life. This yellowing is known as jaundice and is caused by a condition called hyperbilirubinemia. This occurs when bilirubin or broken red blood cells build up in the body. Some infants who develop jaundice show symptoms in the hospital, but others may not develop symptoms until later. The American Academy of Pediatrics (AAP) recommends screening for bilirubin concentration within three to five days of birth. Most jaundice occurs because the baby’s organs are unable to get rid of excess bilirubin right after birth, and the problem will resolve itself within a week. In some infants, jaundice may be caused by an infection, a digestive system problem or incompatibility of the mother’s and infant’s blood types, and may require further treatment. Contact your pediatrician or pediatric practitioner immediately if you notice jaundice symptoms.

Breastfeeding

Most moms leave metro Atlanta hospitals breastfeeding their infants, and the American Academy of Pediatrics recommends they continue to practice exclusive breastfeeding for at least six months. According to the Centers for Disease Control and Prevention, nearly half of them do – 49 percent of U.S. mothers are still breastfeeding more than six months after giving birth. Breastfeeding has developmental and health benefits for your baby, including a stronger immune system and lower risks of ear infections, gastroenteritis and respiratory conditions and even Sudden Infant Death Syndrome (a study published in the journal "Pediatrics" found that the risk was 50 percent lower in breastfed infants).

Babies need to be fed eight times per day or more. This is a critical time because the infant is at risk of dehydration. If you notice signs of dehydration such as cracked lips or less-wet diapers, contact your baby’s practitioner immediately. Breast milk provides all the nutrition your infant needs, but if you are concerned your baby is not getting enough to eat, look for signs of hunger, such as putting hand to mouth or sucking, rooting and fussing.

While breastfeeding is “natural,” it is also a learned skill. If you are having trouble breastfeeding, your doctor can recommend a lactation specialist, who should be able to identify and resolve any problems. La Leche League of Georgia (llga.org) is also a good resource for new moms who have questions about breastfeeding.

SIDS

The American Academy of Pediatrics advises bedroom sharing – but not bed sharing – with infants for the first year of life to decrease the risk of Sudden Infant Death Syndrome (SIDS) by 50 percent. Consider placing a crib or bassinet near your bed at least for the first few months. Other safe-sleeping tips include placing your baby on his or her back on a firm sleep surface such as a crib that meets current safety standards. Find more information about cribs on the Consumer Product Safety Commission web site at cpsc.gov. Infants should sleep on their backs until 12 months of age to decrease the risk of SIDS and accidental suffocation or strangulation. The CDC urges new parents to consider tummy time only when awake, use a pacifier during nap times, and avoid using monitors as the sole way of checking on the baby.

Becoming a new mom is exciting, but also comes with natural concerns for self and baby. You are not alone, and it is important to feel supported as you transition into this new role. Atlanta Parent asked Patrice Faye Little, a board-certified family nurse practitioner and mom of two, about questions new moms may have in the first few weeks after bringing baby home.
Vaccines

Age-specific vaccines or immunizations are a safe way of building your baby’s immune system against infectious illnesses.

The CDC highly recommends vaccines to protect infants from an illness that can lead to hospitalizations and, at worst, death. It is important to protect your baby from common childhood illnesses and to protect yourself, too. Remember, if you are not well, it is hard to care for your baby.

Some parents are reluctant to vaccinate their child. Ask your baby’s pediatrician or practitioner about the risks and benefits associated with opting out of vaccines or vaccinating on an adjusted schedule.

Rashes

According to American Academy of Family Physicians, 12 million office visits each year are for children with rashes. Newborns during the first four weeks of life are prone to rashes, including cradle cap, baby acne and heat rashes.

Most skin issues are not of a major concern and will go away on their own, but some rashes may require further evaluation.

Ask your infant’s practitioner about common rashes and key things to report at your visit. Avoid applying any over-the-counter medications on the baby’s skin unless advised by your practitioner.

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Exercise

The American College of Obstetricians and Gynecologists recommends starting a workout regimen 6-8 weeks after delivery. The benefits of exercise include boosting energy, decreasing postpartum depression, helping weight loss, improving strength and promoting a good night’s rest.

Make sure you receive clearance from your practitioner before starting any exercise or lifestyle modification.

If you’ve had an uncomplicated vaginal delivery, you can start light exercise such as a neighborhood stroll as soon as a few days after birth. After your body has had a few weeks to heal, start taking brisk walks pushing the baby in a stroller and graduate to other exercises.

The CDC recommends working out for 20-30 minutes three to five days per week. In addition, nutrition and adequate hydration play an important role in your health. If you are concerned about nutrition, follow up with your practitioner for further recommendations.

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Introduce new foods with old favorites. Seeing a favorite on his plate makes the new food less scary. Plus, if he chooses not to try the new food he will still have something to eat.

Offer without pressuring. Toddlers are headstrong, so allow him to decide whether or not to try a new food. Encourage him to try it without forcing him.

Offer a small portion. Put a little bit of each food on his plate, telling him what it is. A small spoonful of a new food is less overwhelming than a big helping. If he likes it, you can always give him more.

Let him see you enjoy the food. He wants to be just like you, so if he sees you loving the new food, he’s more likely to follow your lead.

Try, try again. He may try it; he may not. He may spit it out or make funny faces. And that’s OK. Some kids need to see a new food up to 20 times before trying it, so don’t give up. Offering a food multiple times is really important.

Warning: things will get quite messy, but a messy baby is a healthy baby! And you can always turn to Strong4Life.com for age-specific tips, advice and information.
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