

# atlanta BABY

FROM ATLANTA PARENT MAGAZINE

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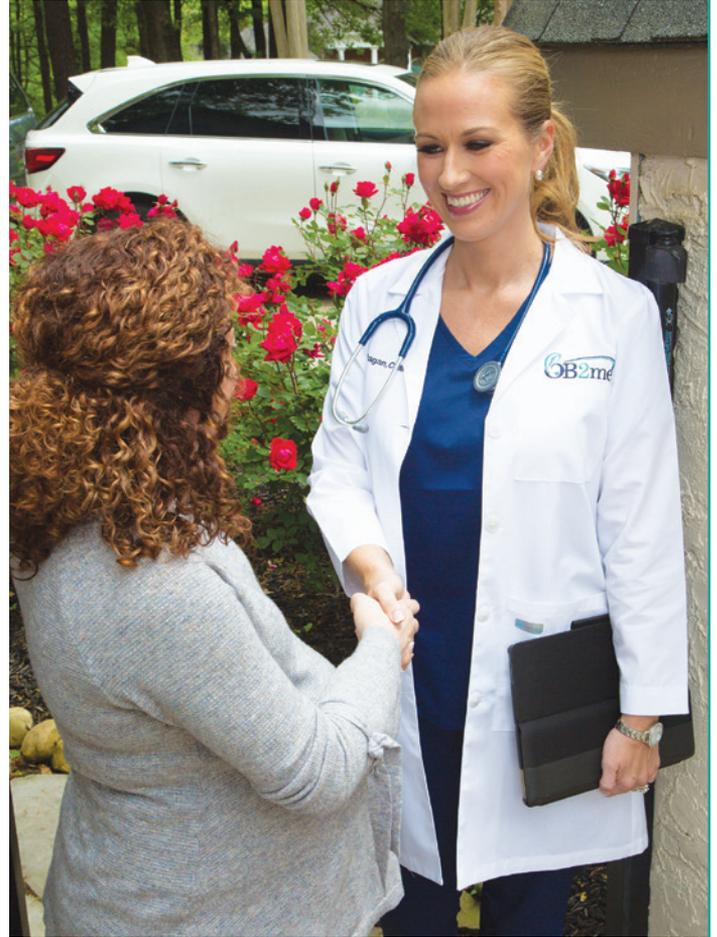


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# atlanta BABY

FROM ATLANTA PARENT MAGAZINE

## Guide for New and Expectant Parents



### 7 / Advice for New Moms

While many “words of wisdom” new mothers receive may sound clichéd, here are a few truths that help with life in general, and parenthood in particular.

### 8 / Must-Have Products

Caring for an infant is challenging enough without having to wrestle with baby gear. New mom Amelia Ramirez shares her must-haves that really perform. Plus, four products from metro Atlanta entrepreneurs.

### 15 / Mom-Approved Doctors

Looking for a great obstetrician? *Atlanta Parent's* moms put their trust in these doctors, who are excellent practitioners and caring people supported by a highly qualified staff.

### 20 / Where Will You Have Your Baby?

Use Atlanta Parent's easy-to-read chart to help you pick an important part of your delivery team – compare hospitals by size, services, costs and more.



### 26 / Networking for Moms

Surrounding yourself with a strong support system of friends is an important step as you experience the joys and demands of motherhood. Here's how to get started.

➤ Look for bonus content on our digital issue at [atlantaparent.com/freebies](http://atlantaparent.com/freebies)

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# A Letter to Moms-to-Be: Some Cliches About Motherhood Are True

Dear Mom-to-Be,

Baby showers bring a host of instructions from seasoned moms and well-meaning friends. As a new mom, I grew weary of hearing “sleep when the baby sleeps.” I stubbornly refused to heed this advice, and suffered sleep-deprivation-induced splitting headaches.

Motherhood advice starts to sound clichéd, but here are a few truths that help with life in general, and parenthood in particular.

**“This too shall pass.”** When you’re rocking a colicky baby at all hours, this comforting mantra is like a blinking light of hope beckoning you forward. I still whisper this oft-spoken phrase to myself in times of stress.

**“I get by with a little help from my friends.”** Connecting with other moms offers a pressure release valve when you need to talk out your worries and frustrations.

**“The days are long, but the years are short.”** When steering through a tearful toddler tirade or slogging through sick days, you’ll want the clock to skip ahead to a less exhausting time. Now I understand – those long days are quickly becoming bittersweet memories.

**“Mother knows best.”** Know your own heart and mind. When I was standing in line at a store with my 2-week-old son sleeping safe and sound in his baby carrier, an elderly woman behind me asked, “How old is he?” When I told her, her voice hardened. “In my day, I wouldn’t have left the house until he was at least 6 weeks old.” As a sensitive new mom, admonishments like this bothered me despite following doctor’s recommendations.

**“Life is like a box of chocolates. You never know what you’re gonna get.”** You’ll gain a new respect and appreciation for individuality and the word “quirky.” Many kids have curious interests. My son has loved cars since he was 2 – not sexy sports cars, but family sedans.

**“Keep calm and carry on.”** Your ability to remain calm in a crisis may surprise you. I learned this when my youngest was 3. Across the room he chirped, “Look at me, Mommy!” He was grinning while hanging upside down like a bat from the top of the oak mantle of our stone fireplace. “You need to get down,” I said coolly to avoid any sudden movements. I swiftly walked toward him and lifted him down.

**“Being a mother is the world’s hardest job.”** Emotionally-charged days with screaming kids may drive you to retreat behind closed doors, curl up in a fetal position and sob. But you’ll pick yourself up, splash cold water on your face and get back out there. It helps to call a friend for moral support.

**“No guts, no glory.”** Children have a talent for breaking and repairing your heart daily. You’ll tuck sentimental notes away for safekeeping that sing your praises in childish scrawl, gussied up with stick people holding hands.

**“Put on your own oxygen mask first.”** When I was pregnant, my doctor and loved ones concerned themselves with my well-being. The minute my son arrived, he became the center of our universe. I forgot how much I still needed to nourish my body and spirit to become an emotionally stable and healthy mother. Getting out of the house, taking walks, joining a supportive moms’ group and returning to my interests reduced my anxiety levels and helped me feel more content and confident.

After a few years of motherhood, you’ll find these sayings will gently assimilate themselves among life’s milestones, tragedies and triumphs. You’ll congratulate a new mom and out will pop the words you swore you’d never say, “Enjoy these days. They go so fast.”

Sincerely,  
Christa Melnyk Hines



# What You Really Need for Baby

## A New Mom with Limited Space Shares Her Choices



by Amelia Ramirez

Life as a new mom is challenging enough without fighting cumbersome strollers or being disappointed by products that aren't as useful as you thought they'd be.

My husband Robbie and I have a few favorite baby products that make caring for our 8-month-old daughter Olivia so much easier.

Although Robbie works full-time and attends night school and I've been a full-time mom while doing a few small projects for *Atlanta Parent*, we have been co-parents from the start.

When Robbie's home he takes care of our fur children (two Brussels Griffons), diapers and plays with Olivia, cleans the house, cooks and ensures I get enough rest.

Because our house is small, researching baby products before we committed was essential – they needed to be useful for a long time

or serve multiple purposes. We read reviews from other parents about products, and the common thread from all of those reviews was the most obvious – babies are all unique.

For instance, one baby might like a fancy swing and another might hate it. Instead, we chose to go with a Rock 'n Play Sleeper that could double as a place for her to sleep and be moved around the house easily.

We did opt for a more expensive baby monitor but it's been well worth it. If we wake in the middle of the night in a panic – believe me, it will happen to you, too – we can quickly see she's sleeping peacefully and go back to sleep ourselves.

In my pre-mommy years, I never thought I'd discuss the merits of a diaper pail or baby wipes, but now I'm telling friends which room thermometer to buy!

● The **Owlet Baby Care Baby Monitor** (\$299.99) is a big-ticket item but it gives us so much peace of mind. We could leave Olivia in her crib in her room when she was 4 weeks old. The monitor sounds an alert if a baby's heartbeat dips or her oxygen level is low and you can check her vitals on the Owlet app on your phone. [owletcare.com](http://owletcare.com)



● The best thing about the **Ubbi Diaper Pail** (\$69.99-\$79.99) for our disposable diapers is that it fits normal garbage bags instead of special-sized bags. We can buy garbage bags in bulk, which saves a ton. It also comes in multiple colors to match any nursery decor. [ubbiworld.com](http://ubbiworld.com)



● The **Ryla Pack** (\$139) doubles as my purse, is less bulky and perfect for throwing on my back. It will be great when Olivia is more active and we're out and about more. [rylapack.com](http://rylapack.com)



● The **UPPAbaby Cruz Stroller** (\$549.99-\$579.99) is super light for pushing, and easy to maneuver even with 30 pounds of extra weight – our two dogs and a diaper bag in the basket underneath. It is easy to transport and has multiple add-ons or changes for the future. We also have the **UPPAbaby Mesa Carseat** (\$299.99-\$349.99), which clicks right into the stroller and is naturally fire-resistant without chemicals. [uppababy.com](http://uppababy.com)



● The **Bumbo Multi Seat** (\$54.99) goes everywhere – it is a travel high chair for us. Olivia has outgrown the stage of being in her car seat at restaurants but she is too tiny for their highchairs. The Bumbo seat has buckles to secure to any chair, and eventually we can use it as a travel booster chair, too. [bumbo.com](http://bumbo.com) and [amazon.com](http://amazon.com)



● **My Little Snugapuppy™ Deluxe Newborn Rock'n Play™ Sleeper** (\$75) by Fisher-Price lets you keep your baby nearby. When she was first born, I could have it right next to the bed, move it into the living room or the hallway while I showered. It folds up to store easily and for travel. [fisher-price.mattel.com](http://fisher-price.mattel.com)

● The **Boba Wrap** (\$40-\$59) is great for keeping your newborn close to you, at home or on errands. The **Ergobaby 360 All Positions Baby Carrier** (\$160) lets Olivia face outward and move around instead of being wrapped up tight. [boba.com](http://boba.com) and [ergobaby.com](http://ergobaby.com)

## In my pre-mommy years, I never thought I'd discuss the merits of a diaper pail or baby wipes

● For bath time, the **Skip Hop Moby Smart Sling 3-Stage Tub** (\$30) fits inside our tub. It can position from laying to sitting as your infant grows. We could transition her out of the Moby tub, but feel better having her in less water for now. The **Skip Hop Moby Bath Kneeler** (\$16) keeps us more comfortable. [skiphop.com](http://skiphop.com)



● The **Gro Company Room Groegg Thermometer** (\$37.99), changes colors if it is too cold or too hot in Olivia's room. We can also tell what temperature makes her sleep best (67 degrees in a sleep sack). [gro.co.uk/product/gro-egg](http://gro.co.uk/product/gro-egg) and [amazon.com](http://amazon.com)



● **Sophie the Giraffe** (\$24) is a favorite toy/teether. It's soft enough to cuddle and mouth and easy to hang on to. Olivia also was able to grip the **Innobaby Teething Smart™ Ez Grip Teether** (\$6.99) since the beginning, and now she really chews and moves the fruit-like pieces around (They can also go in the freezer or fridge for additional comfort). [sophiethegiraffe-usa.com](http://sophiethegiraffe-usa.com); [innobaby.com](http://innobaby.com).

● The **Bumkins SuperBib** (\$6.95) is small enough for Olivia and fits on a bottle-drying rack after washing. It is waterproof and has a pocket for spills. We also use the **Summer Infant Keep Me Clean Disposable Bibs** (\$4.99 for a 20-pack) when visiting friends and traveling. [bumkins.com](http://bumkins.com) and [amazon.com](http://amazon.com)



*Cont'd on page 10*



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Ob-Gyn Associates of Marietta is located at 699 Church Street Suite 300 Marietta, GA 30060

## What You **Really** Need for Baby



● The **Stokke High Chair** (\$249) is one of my favorite items because it will stay in our home forever. Right now it is a high chair, but the seat height can change as Olivia grows and eventually it will become a desk chair. [stokke.com](http://stokke.com)

● As a new mom I use multiple wipes for different reasons. The **Amazon Elements Baby Wipes, Sensitive** (\$11.39 for six 480-count packs) are easy to order with Prime (a new parent's lifesaver!) and Olivia hasn't had a diaper rash yet. The **WaterWipes Baby Wipes** (\$15.97 for two 60-count packs) are made of 99 percent water, and are so gentle we use these for Olivia's face and hands. **Babyganics Alcohol-Free Hand Sanitizer Wipes** (\$12 for two 100-count canisters) are great for cleaning toys on the go or when we're at the playground. [amazon.com](http://amazon.com)

● **Vaseline** is essential in our house. Before Olivia was born, I bought Butt Paste but haven't felt a need to use it – Vaseline is great at preventing rashes and has multiple uses. For instance, Olivia's chin sometimes gets irritated when she drools; a dab of Vaseline keeps that from happening.

● With the slow flow and wide bottle, **Comotomo Natural Feel Baby Bottle** (\$13.37) mimics breastfeeding for when switching between that and using a bottle. A bonus is they're easy to clean – no bottle brush needed, and you can stick them in the top rack of the dishwasher. We also love our BPA-Free Quick Loader Dishwasher Basket for nipples and rings. [comotomo.com](http://comotomo.com) and [amazon.com](http://amazon.com)



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# Homegrown Baby Products

These helpful solutions for new parents were developed by metro Atlanta entrepreneurs.

## ● SlumberPod

Traveling with a baby and sleeping in the same room can be anything but restful for parents and infant. SlumberPod is a portable, pop-up cover that encloses a travel crib to make it dark for optimum sleep. Baby can't see you move around, and won't be disturbed by noise or light. Available at slumberpod.com for \$134.99.

Mother-daughter duo Lou Childs and Katy Mallory launched the Kickstarter project in July, and founded Decatur-based startup Dovetail Essentials, LLC.



## ● Clover & Birch

Eco-friendly toys are becoming more popular, and Clover & Birch makes wooden toys, pacifier clips and mobiles for eco-conscious families. The teethers and pacifier clips are made of smooth wood, and the activity gyms keep babies occupied for hours. Available at cloverandbirch.com and Seed Factory. \$10-\$150.



Smyrna-based Taylor Melton wanted sustainably-made products for her daughter and launched the business in 2012.

## ● And Baby Company Shoulder and Lap Burp Pad

When feeding baby and switching sides moms and dads often have to move a burp cloth around. The innovative design of this burp pad doubles the size of a normal cloth to cover both shoulders.



Atlantans Barbara Harvey and Pat Morgan hope to have this product in stores by October. For more information on pricing and how to purchase, visit andbabyco.com.

## ● Lalabu Soothe Shirt

The creators of Lalabu Shirts wanted an easier solution to babywearing. The Soothe Shirts come in three colors and feature a pouch with secure fabric to easily hold baby and a built-in nursing bra. "Dad Shirts" are T-shirts with a built-in pouch. Available at shop.lalabu.com for \$75 each.

Brian and Keri Fosse of Atlanta invented Lalabu Soothe Shirts after a trip to Africa, where they noticed mothers wearing babies was a part of everyday life.

— Teresa Farkas



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Every “first” for baby is big: first haircut, first playdate, first birthday. Use our bucket list as a guide to make sure each “first” experience with baby is a great one.



## Baby's Gear

### Happy Mango

Find eco-friendly products for pregnancy, baby and beyond including strollers, baby furniture, toys, baby shower gifts and more at this trendy shop. Baby registry specialist available. Kirkwood. 404-600-8387; shophappymango.com



## Night Nurse

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## First Museum Visit

### Children's Museum of Atlanta

Babies can explore hands-on exhibits to open the world of sounds, textures, counting language and more. Check the calendar for Building Blocks programs, where babies and toddlers can interact with music, art, science or food. [childrensmuseumatlanta.org](http://childrensmuseumatlanta.org)

### Interactive Neighborhood for Kids

Babies and toddlers can make music, climb on soft structures, care for stuffed animals, board an airplane and more at this museum. Gainesville. [inkfun.org](http://inkfun.org)



## Treat Mom

### Pregnancy Massage Center

If mom has an aching back or tight muscles, this center specializes in fertility, prenatal and postpartum massage to help alleviate those issues. Atlanta and Roswell. 678-462-2173; [pregnancymassage.com](http://pregnancymassage.com)



### Baby's First Birthday

#### Busy Bee's Play Patch

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### Baby's First Haircut

- Cookie Cutters Haircuts for Kids, haircutsarefun.com
- Pigtails and Crewcuts, pigtailsandcrewcuts.com
- Salon Red Kids, salonred.com



### Baby's First Classes

- Gymboree Play and Music, gymboreeclasses.com
- The Little Gym, thelittlegym.com
- The Music Class, themusicclass.com



### Go to the Playground

- Thrasher Park, Norcross
- Wills Park, Alpharetta
- Ashford Park, Brookhaven
- Decatur Toy Park, Decatur



### Baby's First Swim

- Goldfish Swim School, goldfishswimschool.com
- Safesplash Swim School, safesplash.com
- Dynamo Swim School, dynamoswimschool.com

**Top Baby Names 2018:**  
**Emma, Olivia, Ava; Liam, Noah, Oliver.**

Source: Babycenter.com




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ATLANTA PARENT'S

# MOM-APPROVED DOCTORS

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

## OB/GYNS

**Anand, Indu Stacy, MD**  
North Atlanta Women's Specialists, Marietta

**Biggs, Vanessa, MD**  
Atlanta Women's Obstetrics & Gynecology, Atlanta

**Boazman, Valeria, MD**  
Gwinnett Physicians Group OB/GYN, Lawrenceville

**Bonk, Catherine, MD, MPH, FACOG**  
Atlanta Gynecology & Obstetrics, Lilburn

**Clay, Kawami, MD**  
Cherokee Women's Health Specialists, Woodstock

**Collins, Betsy, MD**  
Emory Gynecology and Obstetrics, Atlanta

**Combs, Julia, MD, FACOG**  
Piedmont OB/GYN, Atlanta

**Crigler, Britton, MD, FACOG**  
Cherokee Women's Health Specialists, Woodstock

**Dawson, Michael, MD**  
Atlanta Women's Specialists, Atlanta

**Dobbins-Sood, Carey, MD**  
Kennestone OB/GYN, Acworth

**Dozier, Bonita, MD, FACOG**  
Peachtree Women's Specialists, Atlanta

**Dunson-Allen, Shelley, MD**  
Providence Women's Healthcare, Alpharetta

**Eaccarino, Mary, MD, FACOG**  
Roswell OB/GYN, Cumming

"When I had my daughter a few years ago, she was on call overnight with me. I honestly didn't know what to expect since it was my first and only, and **Dr. Falkner of Women's Group of Gwinnett** was conscious of that and made sure to explain everything going on to ease my mind and calm me down."

Danielle / LOGANVILLE

**Falkner, Sabrina, MD**  
Women's Group of Gwinnett, Lawrenceville

**Freeman, James, MD**  
Gwinnett Gynecology & Obstetrics, Lawrenceville

**Gandhi, Peahen, MD, FACOG, FPMRS**  
Cherokee Women's Health Specialists, Woodstock

**Garcia, Jose, MD**  
Peachtree Women's Clinic, Atlanta

**Garrett, Veronica, MD**  
New Beginnings Comprehensive Women's Healthcare, Conyers

**Gibbons, Caroline, MD**  
Northwest Women's Care, Marietta

**Godwin, Keisa, MD**  
North Atlanta OB/GYN, Marietta

**Graham, Heath, MD**  
North Atlanta Women's Specialists, Atlanta

**Griffin, Kerry, MD**  
Kaiser Permanente Townpark Medical Center, Kennesaw

**Hale, Kathryn, MD, MPH, FACOG**  
Cherokee Women's Health Specialists, Woodstock

**Haley, James, MD, FACOG, FPMRS**  
Cherokee Women's Health Specialists, Woodstock

**Harrison, Sabrina, MD, PC**  
Sovereign Women's Healthcare, Roswell

**Hart, Lara, MD, FACOG**  
Roswell OB/GYN, Cumming

**Henke, Jill, MD**  
Obstetrics & Gynecology of Atlanta, Johns Creek

**Hess, Carol, RN, MSN, WHCNP-C**  
North Atlanta Women's Specialists, Johns Creek

**Holt, Lisa, CNM**  
Arbor Obstetrics and Gynecology, Dunwoody

**Honore, Marin, MD**  
Women's Health Associates Atlanta, Atlanta

**Hood, Sara, MD**  
Atlanta Women's Obstetrics & Gynecology, Atlanta

**Huynh, Kim, MD**  
Women's Group of Gwinnett, Johns Creek

**Jean-Gilles, Marc, DO**  
Abundant Life Healthcare, Lawrenceville

**Jeffers, Sarah, MD**  
Atlanta Women's Specialists, Atlanta

**Jewell, Bryan, MD**  
Haven OB/GYN, Chamblee

**Kasperek, Dori, MD, FACOG**  
Complete Women's Healthcare, Johns Creek

**Kim, Annie, MD**  
Modern Obstetrics & Gynecology of North Atlanta, Johns Creek

**Knoer, James, MD, FACOG**  
Peachtree Women's Specialists, Atlanta

**Levenson, Tressa, MD, FACOG**  
Atlanta Women's Specialists, Atlanta

**Litrel, Michael, MD, FACOG, FPMRS**  
Cherokee Women's Health Specialists, Woodstock

**Martinez, LaQuita, MD**  
Nile Women's Healthcare, Johns Creek

**McDaniel, Michael, MD**  
Peachtree Women's Clinic, Atlanta

**Mmbaga, Natu, MD**  
Modern Obstetrics & Gynecology of North Atlanta, Alpharetta

**Nelkin, Nuria, CNM**  
Providence Women's Healthcare, Roswell

**O'Brien, Barbara, MD**  
Piedmont Fayette Hospital, Fayetteville

**Reyes, Ingrid, MD**  
Modern Obstetrics & Gynecology of North Atlanta, Johns Creek

**Smith, Yolonda, MD**  
Women's Group of Gwinnett, Lawrenceville

**Tackitt, Bobby, MD**  
OB-GYN Associates of Marietta, Marietta

**Taghechian, Elizabeth, MD**  
Marietta OB/GYN Affiliates, Marietta

**Walsh, Nancy, MD**  
North Pointe OB/GYN, Cumming

**Walters, Jacqueline, MD, FACOG**  
Comprehensive Women's OB/GYN, Atlanta

**Windom, Kevin, MD**  
OB-GYN Associates of Marietta, Marietta

"It is easy to nominate **Dr. Kawwass of Emory Reproductive Center.**

The infertility journey is an emotional rollercoaster and Dr. Kawwass' greatest gifts are her honesty and compassion, which cultivate trust."

Samantha / ATLANTA

## FERTILITY SPECIALISTS

**Denis, Andre, MD, MPH**  
Atlanta Center for Reproductive Medicine, Atlanta

**Fogle, Robin, MD**  
Atlanta Center for Reproductive Medicine, Atlanta

**Kawwass, Jennifer, MD**  
Emory Reproductive Center, Atlanta

**Toledo, Andrew, MD**  
Reproductive Biology Associates, Atlanta

Cont'd on page 16

## MIDWIVES

**Arp, Michelle, CNM**  
Intown Midwifery, Atlanta

**Bantz, Alyssa, CNM**  
Nile Women's Healthcare, Roswell

**Braswell, Laurie, CNM**  
MSN Roswell OB/GYN, Alpharetta

**Clark, Monica, CNM**  
OB-GYN Associates of Marietta, Marietta

**Cody, Staci, CNM**  
Kaiser Permanente Cumberland  
Medical Center, Atlanta

**Ellison, Brittany, CNM**  
Nile Women's Healthcare, Roswell

**Fernandez, Sabrina, CNM,  
FNP-BC**  
Atlanta Gynecology & Obstetrics,  
Decatur

**Harrison-Wyatt, Kia, CNM,  
WHNP**  
Atlanta Gynecology & Obstetrics,  
Decatur

**Hoepfner, Marianne, CNM**  
Peachtree Women's Clinic, Atlanta

**Levy, Debbie, CNM, MS, RN**  
Abundant Life Healthcare,  
Lawrenceville

**Murner, Dani, CNM**  
OB-GYN Associates of Marietta,  
Marietta

**Ruffin, Angelina, CNM**  
Touch of Osun, Atlanta

**Smookler, Julia, CNM, MSN**  
Atlanta Gynecology & Obstetrics,  
Decatur

**Tanner, Beverly, CNM**  
Nile Women's Healthcare, Roswell

**Tchinang, Valerie, RN, CNM,  
WHNP-BC**  
Atlanta Gynecology & Obstetrics,  
Decatur

**Teffault, April, CNM, MSN**  
Roswell OB/GYN, Alpharetta

**Zimmerman, Amanda, CNM**  
Providence Women's Healthcare,  
Roswell

**"April Teffault, CNM of Roswell OB/GYN delivered both of my children and each labor was completely different. She is such a calming presence in the delivery room and really takes the time to get to know her patients."**

*Emily / ALPHARETTA*

### SPECIAL ADVERTISING SECTION

## Catherine Bonk, MD; Julia Smookler, Midwife Valerie Tchinang, Midwife; Kia Harrison-Wyatt, Midwife



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The latest members of this team of women's health providers and nurse midwives to receive nominations as Atlanta Parent's "Mom Approved Doctors" are: Dr. Catherine Bonk, Kia Harrison-Wyatt, Valerie Tchinang and Julia Smookler. These providers truly live out the values of the all-women practice by educating, informing, guiding and satisfying their patients.

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## Dori Kasperek, MD

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Dr. Kasperek earned her BS in Chemistry from the University of South Carolina's Honors College in 1993. She then attended the Medical University of South Carolina, graduating with a Doctorate in Medicine in 1997. In addition to offering patients with a wide range of Women's Healthcare services, including high-risk obstetrics, gynecological surgeries, robotic surgery, menopausal management, incontinence issues, contraceptive choices, menstrual problems, and fertility evaluation and infertility treatment, Dr. Kasperek holds special training in pelvic floor reconstruction.

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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.

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# Betsy Collins, MD; Jennifer Kawwass, MD



Emory Clinic's Department of Gynecology and Obstetrics congratulates Dr. Betsy Collins and Dr. Jennifer Kawwass on their selections as Mom-Approved Doctors! The Emory Women's Center is proud Atlanta's moms have recognized the compassion and skill these physicians provide.

Dr. Collins, who sees patients at the 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. As one of their general obstetrician/gynecologists, she provides the full-range of gynecologic and obstetrical care.

Dr. Kawwass, who sees fertility patients at the Emory University Hospital Midtown location, is board-certified in Obstetrics and Gynecology and in Reproductive Endocrinology and Infertility. She also serves as the Medical Director of the Emory Reproductive Center and is a Guest Researcher at the CDC. She received her medical degree from the University of Virginia Medical School and completed her residency and fellowship training at Emory University.

Dr. Collins and Dr. Kawwass 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.

## Emory Clinic, Department of Gynecology and Obstetrics

Emory Women's Center  
Emory University Campus  
Building A, 4th Floor  
1365 Clifton Rd. NE  
Atlanta, GA 30322

Emory Women's Center  
Emory University Hospital Midtown  
Ob/Gyn: 8th Floor  
Reproductive Center: 18th Floor  
550 Peachtree Street NE  
Atlanta, GA 30308

Emory Women's Center  
Emory Saint Joseph's Hospital  
5673 Peachtree Dunwoody Rd. NE  
Suite 700  
Atlanta, GA 30342



[emoryhealthcare.org/gyn](http://emoryhealthcare.org/gyn)  
404-778-3401



# Veronica E. Garrett, MD



New Beginnings Comprehensive Women's Healthcare is a leader in OB/GYN care in Conyers, Georgia. Founded in 2005 by board-certified obstetrician and gynecologist Dr. Veronica E. Garrett and joined by Dr. N. Ruth Harris, Dr. Katherine Young, Dr. Rachel Prosper and Certified Nurse Midwives Shannon Mayfield, CNM and Kristina Carmain, CNM WHNP. Congratulations to Dr. Veronica E. Garrett on her nomination as an Atlanta Parent "Mom-Approved Doctor"!

New Beginnings Comprehensive Women's Healthcare is committed to providing comprehensive health services for the women of Rockdale County and the surrounding counties of East Atlanta, in a supportive, nurturing and welcoming environment, while promoting health awareness and education.

The providers at New Beginnings Comprehensive Women's Healthcare have a special interest in managing normal and high-risk pregnancies. New Beginnings Comprehensive Women's Healthcare uses advanced technology and techniques to ensure their patients and baby receive optimal care, from their first prenatal appointment to their delivery.

New Beginnings Comprehensive Women's Healthcare offers comprehensive obstetric care to keep our patients and their baby healthy during their pregnancy. Prenatal care is an important part of pregnancy. From prenatal visits, diagnostic tests and screenings to delivery, New Beginnings Comprehensive Women's Healthcare's doctors and nurses are here for their patients each step of the way.



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# Marin M. Honore, MD



Marin M. Honore, MD is a board certified fellow of the American College of OB-GYN. She specializes in high-risk obstetrics and minimally invasive gynecologic procedures such as hysteroscopy & endometrial ablation. Dr. Honore chose OB-GYN because she enjoys caring for women through all stages of their reproductive lives. She believes in open communication – answering patient questions in an honest, straightforward manner.

Dr. Honore received her medical degree from Drexel University College of Medicine in Philadelphia and completed OB-GYN training at St. Joseph Mercy Hospital in Ann Arbor, MI. An Atlanta native, Dr. Honore spends her free time with her husband, son and twin daughters.

## Women's Health Associates Atlanta

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# Yolonda Smith, MD; Kim Huynh, MD Sabrina Falkner, MD



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Congratulations to Yolonda Smith, M.D., Kim Huynh, M.D., and Sabrina Falkner, M.D. for being nominated as Mom-Approved Doctor's.

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Women's Group of Gwinnett

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1120 Peachtree Industrial Blvd., Suite 209  
Suwanee, GA 30024



Emory Clinic's Department of Gynecology and Obstetrics has provided excellence in women's health care for more than 75 years. From adolescence through menopause and beyond, we are committed to providing our patients with the highest quality and most advanced health care services through all stages of their lives. Schedule an appointment today at one of our four locations.

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# Where Will You Have Your Baby?

| Hospital   | Private (P) Mat. Beds | Birthing Rooms LDR/LDRP** | Births Per Month | C-Section Rate               | Maternity Tours  |
|--|-----------------------|---------------------------|------------------|------------------------------|--|
| <b>DeKalb Medical</b><br>2701 N. Decatur Rd., Decatur, GA 30033<br>404-501-1109. dekalbmedical.org                             | 52-P                  | 18 LDR/LDRP               | 300              | 19% Primary<br>15% Repeat    | Offered weekly by appt.<br>404-501-9355<br>or register online                                |
| <b>Eastside Medical Center</b><br>1700 Medical Way, Snellville, GA 30078<br>770-736-2500. eastsidemedical.com                  | 22-P                  | 13 LDR                    | 115              | 37%                          | By appt.<br>800-242-5662<br>or online  |
| <b>Emory Johns Creek Hospital</b><br>6325 Hospital Pkwy., Johns Creek, GA 30097<br>678-474-7000. emoryhealthcare.org           | 11-P                  | 8 LDR/LDRP                | 105              | 28%                          | By appt.<br>404-778-7777   |
| <b>Emory University Hospital Midtown</b><br>550 Peachtree St. NE, Atlanta, GA 30308<br>404-686-1000. emoryhealthcare.org       | 48-P                  | 11 LDR                    | approx. 420      | 20.8% Primary<br>27.3% Total | By appt.<br>404-778-7777   |
| <b>Grady Memorial Hospital</b><br>80 Jesse Hill Jr. Dr. SE, Atlanta, GA 30303<br>404-616-1000. gradyhealth.org                 | 29-P                  | 12 LDR/LDRP               | 220              | 14% Primary<br>14% Repeat    | By appt.<br>404-616-1000   |
| <b>Gwinnett Medical Center</b><br>550 Medical Center Blvd., Lawrenceville, GA 30046<br>678-312-3600. gwinnettmedicalcenter.org | 37-P                  | 19 LDR                    | 400              | 33%                          | Tues. 6:30 & 7:30 p.m.;<br>One Sat. per month<br>9 a.m. or 10 a.m.<br>Register: 678-312-5000 |
| <b>Northeast Georgia Medical Center Gainesville</b><br>743 Spring St. NE, Gainesville, GA 30501<br>770-219-1475. nghs.com      | 30-P                  | 18 LDR/LDRP               | approx. 280      | 15.9% Primary<br>31.5% Total | By appt. online  |
| <b>Northeast Georgia Medical Center Braselton</b><br>1400 River Place, Braselton GA 30517<br>770-848-3313. nghs.com            | 10-P                  | 10 LDRP                   | approx. 85       | 16.1% Primary<br>33% Total   | By appt. online<br>and every Sun. 4:50 p.m.<br>Register: 770-848-3312                        |
| <b>Northside Hospital Atlanta</b><br>1000 Johnson Ferry Rd., Atlanta, GA 30342<br>404-845-5555. northside.com                  | 200-P                 | 42 LDR                    | 1,350            | 38%                          | Daily by appt.<br>404-845-5555 or online   |
| <b>Northside Hospital Cherokee</b><br>450 Northside Cherokee Blvd., Canton GA 30115<br>770-224-1000. northside.com             | 10-P                  | 8 LDR                     | 100              | 34%                          | Daily by appt.<br>404-845-5555 or online   |
| <b>Northside Hospital Forsyth</b><br>1200 Northside Forsyth Dr., Cumming, GA 30041<br>770-844-3200. northside.com              | 24-P                  | 6 LDR                     | 275              | 37%                          | Daily by appt.<br>404-845-5555 or online   |
| <b>Piedmont Athens Regional Medical Center</b><br>1199 Prince Ave., Athens GA 30606<br>706-475-5977. piedmont.org              | 28-P                  | 10 LDR                    | 200              | 28%                          | Register online  |
| <b>Piedmont Atlanta Hospital</b><br>1968 Peachtree Rd. NW, Atlanta, GA 30309<br>404-605-5000. piedmont.org                     | 29-P                  | 14 LDR/LDRPR              | 300              | 37%                          | Offered weekly.<br>Register online<br>or call 877-527-3712                                   |
| <b>Piedmont Fayette Hospital</b><br>1255 Hwy. 54 West, Fayetteville, GA 30214<br>770-719-7000. piedmont.org                    | 32-P                  | 12 LDR/LDRPR              | 205              | 20.3%                        | Third Sun. of each month<br>and every Thurs. Register<br>online or call 877-527-3712         |

The information on this chart has been provided by each hospital.

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 28 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.



| Hospital   | Private (P) Mat. Beds | Birthing Rooms LDR/LDRP** | Births Per Month | C-Section Rate            | Maternity Tours   |
|--|-----------------------|---------------------------|------------------|---------------------------|---|
| <b>Piedmont Henry Hospital</b><br>1133 Eagles Landing Pkwy., Stockbridge, GA 30281<br>678-604-1000. piedmont.org             | 18-P                  | 12 LDR                    | 189              | 16% Primary<br>51% Repeat | Register online   |
| <b>Piedmont Mountainside Hospital</b><br>1266 Hwy. 515, Jasper, GA 30143<br>706-692-2441. piedmont.org                       | 7-P                   | 4 LDR<br>3 LDRP           | 30               | 25%                       | Register by calling<br>706-301-5246   |
| <b>Piedmont Newnan Hospital</b><br>745 Poplar Rd., Newnan, GA 30265<br>770-400-1000. piedmont.org                            | 14-P                  | 5 LDR/LDRP                | 107              | 33.6%                     | Tours first and third Sat.<br>of each month at 11 a.m.<br>Register online or<br>call 877-527-3712 |
| <b>Piedmont Newton Hospital</b><br>5126 Hospital Dr. NE, Covington, GA 30014<br>770-786-7053. piedmont.org                   | 8-P                   | 8 LDR/LDRP                | 71               | 30%                       | Register online or<br>call 877-527-3712   |
| <b>Piedmont Rockdale Hospital</b><br>1412 Milstead Ave., Conyers, GA 30012<br>770-918-3000. piedmont.org                     | 29-P                  | 17 LDR/LDRP               | 150              | 33%                       | Register online or<br>call 877-527-3712   |
| <b>Piedmont Walton Hospital</b><br>2151 W. Spring St., Monroe, GA 30655<br>706-475-5977. piedmont.org                        | 7-P                   | 7 LDR/LDRP                | 36               | 25%                       | By appt.<br>770-267-1785  |
| <b>Southern Regional Medical Center</b><br>11 Upper Riverdale Rd., Riverdale, GA 30274<br>770-991-8000. southernregional.org | 40-P                  | 14 LDR                    | 180              | 15% Primary<br>16% Repeat | Wednesdays 6 p.m.<br>Register: 770-991-8246   |
| <b>WellStar Atlanta Medical Center</b><br>303 Parkway Dr. NE, Atlanta, GA 30312<br>404-265-4000. wellstar.org                | 30-P                  | 13 LDR                    | 200              | 22%                       | By appt.<br>770-956-7827  |
| <b>WellStar Cobb Hospital</b><br>3950 Austell Rd. SW, Austell, GA 30106<br>470-732-4000. wellstar.org                        | 38-P                  | 20 LDR                    | 295              | 27%                       | By appt.<br>770-956-7827  |
| <b>WellStar Douglas Hospital*</b><br>8954 Hospital Dr., Douglasville, GA 30134<br>770-949-1500. wellstar.org                 | 7-P                   | 7 LDRP                    | 35               | 16%                       | By appt.<br>770-956-7827  |
| <b>WellStar Kennestone Hospital</b><br>677 Church St., Marietta, GA 30060<br>770-793-5000. wellstar.org                      | 69-P                  | 20 LDR                    | 500              | 31%                       | By appt.<br>770-956-7827  |
| <b>WellStar North Fulton Hospital</b><br>3000 Hospital Blvd., Roswell, GA 30076<br>770-751-2500. wellstar.org                | 20-P                  | 6 LDR                     | 80               | 8%                        | By appt.<br>770-956-7827  |
| <b>WellStar Spalding Regional Hospital</b><br>601 South 8th St., Griffin, GA 30224<br>770-228-2721. wellstar.org             | 21-P                  | 4 LDR                     | 85               | 46%                       | First and Third Tues.<br>each month, 6 p.m.<br>By appt. 770-956-7827                              |
| <b>WellStar West Georgia Medical Center</b><br>1514 Vernon Rd., LaGrange, GA 30240<br>706-882-1411. wellstar.org             | 20-P                  | 10 LDR                    | 80               | 23%                       | By appt.<br>706-845-3131  |

\*Plan to open a new Birthing Unit within the first quarter of 2019, expanding to 10 LDRPs, with a Level II NICU, and a unit-based operating room.  
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# Buckle Up Baby



**F**rom birth to age 12, children need to be in car seat or booster seat fit to their age and size, and this seat needs to be installed correctly. The latest research from the National Highway Traffic Safety Administration shows that 59 percent of car seats are not installed correctly ([nhtsa.gov](http://nhtsa.gov)).

If you need help in the process, Safe Kids Georgia ([safekidsgeorgia.org](http://safekidsgeorgia.org)) has a guide to everything you need to know about safety laws and practices. Here are a few of their tips:

First, find a car seat inspection station in Georgia and make sure your car seat is installed and fits correctly. A list is provided on the Safe Kids Georgia website.

Try to keep your child in a rear-facing seat as long as possible and in the back seat. According to a Georgia law listed on [gahighwaysafety.org](http://gahighwaysafety.org), children under the age of 8 must ride in an approved child restraint system.

Refer to your car seat manufacturer's instructions (check height and weight limits) and read the vehicle owner's manual on how to install the car seat using the seat belt or lower anchors and a tether, if available.

For a step-by-step guide on how to buy, install, fit and change a car seat visit the Ultimate Car Seat Guide at [safekidsgeorgia.org/carseats](http://safekidsgeorgia.org/carseats).

### Birth – 12 Months

Children ages 1 and younger should always ride in a rear-facing car seat. The American Academy of Pediatrics recommends that children ride rear facing for at least two years to protect their neck from injury in case of a car crash. There are different types of rear-facing car seats: Infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

### 1 – 3 Years

Keep your child rear facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness.



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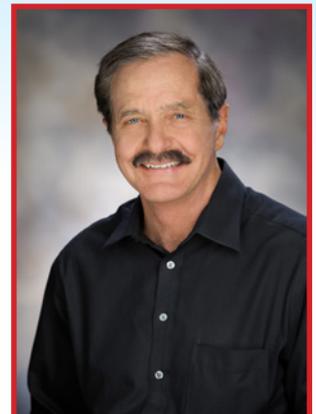
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Lum Frundi, M.D.



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M.D., FAAP



# Networking 101 for Moms

**Find Friends to Share Fun Activities  
and for Support and Problem-Solving**



by Christa Melnyk Hines

Connecting with other moms for moral support is one of the most important ways to take care of yourself (and by extension your family), especially true for new moms. Here's how to create a thriving social network to provide physical, mental and emotional support.

## Join a Mothers' Group

In the "Better Mom, Better World" research study commissioned on behalf of MOPS (Mothers of Preschoolers) International by the Barna Group, researchers found that mothers believe they are more optimistic and resilient to life's daily stresses and occasional crises when surrounded by a community of support.

Moms' groups come in a variety of sizes, philosophies and commitment levels. From faith-based organizations and moms of multiples' clubs to attachment parent and stay-at-home only groups, options abound. Shop around to find a group that fits your

personality and parenting style. Visit the group as a guest. Ask the membership director questions like:

- How often does the group meet?
- Does the group schedule moms-only events?
  - If mom-only activities are scheduled during the day, is childcare provided?
  - What types of play groups and activities does the group plan?
  - How does the group support members? (For example, educational speakers? Meals for moms of new babies?)

## Schedule Activities

Losing yourself in the day-to-day rotation of feedings, naps, baths and playtime may be

fine for awhile. However, injecting your calendar with a sprinkling of activities throughout the week for both you and your child will energize you, give you something to look forward to and help you feel connected to the world outside your home.

Not sure where to begin? Check with your local library and bookstore for story hours and seek out "Mommy and Me" groups which run the gamut from physical activities to musical education. If you work full-time, talk to other working moms about meeting up at the park or an indoor play area for a short weekend playdate.

## Click into Social Media

Still in your pajamas at 3:30 p.m. after being up all night with your colicky baby or a sick child? During the toughest times of parenthood, we can find comfort knowing others can relate and that we aren't alone. Thanks to social media like Facebook, Pinterest, MeetUp.com and mommy blogs, you can click into the land of the living without feeling the need to put on clean clothes or even brush your teeth!

## Get Active

Schedule time for an exercise class when your spouse is home or join a gym that offers quality childcare. Not only are fitness classes a fun way to get in shape, you'll feel mentally refreshed, more patient and more positive in general. And the more you go, the more you'll get to know the other participants, which will make you feel more accountable about showing up.

If a gym is out of the budget, find a friend or two to walk with a few times a week, either around a park, the neighborhood or a mall on inclement-weather days. As your children grow older, schedule time during or at the end of the walk for them to play at a park or indoor play area.

## Share Your Talents

You may feel tempted to push your personal interests aside due to overwhelming family demands. Negotiate time with your spouse to pursue your hobbies and other interests. Share your interests by inviting friends to join you for a gardening or cooking class or to start a book club.

## Create a Calendar

You write everyone else's appointments on your calendar. Take yourself seriously, too. Honor your personal needs by making appointments with yourself, including fitness classes, walks with friends, moms' meetings, dinner with a friend, classes you've signed up for, and so on. Sure, sometimes a sick child will throw a wrench into your plans, but isn't flexibility one of the first lessons moms learn?

## Atlanta Mom Networks

Try one of these groups to find other moms who share your interests.

- **Balance for Atlanta Moms**, [meetup.com/Balance-For-Atlanta-Moms](http://meetup.com/Balance-For-Atlanta-Moms): For expectant parents, new moms or experienced moms, "a fun and nurturing way for moms to meet other moms for friendship and support along their journey of healthy parenting, maintaining supportive family relationships, enhancing physical well-being and developing emotional peace of mind."
- **Families and Fun**, [meetup.com/families-and-fun](http://meetup.com/families-and-fun): For families "dedicated to instilling your kids with a sense of adventure, exposing them to different cultures, building their confidence and self-esteem, teaching them kindness, compassion and good citizenship."
- **La Leche League of Georgia**, [llofga.org](http://llofga.org): For breastfeeding moms, "to help mothers breastfeed through mother-to-mother support, encouragement, information and education."
- **Mocha Moms**, [mochamoms.org](http://mochamoms.org): For moms of color, Mocha Moms "provides support for women of color as they journey through all phases of motherhood while advocating for them nationally, and encourages the spirit of community activism and service among its members."
- **Mothers of Preschoolers (M.O.P.S)**, [mops.org](http://mops.org): For moms with young children, the organization has more than 50 support groups meeting at locations throughout metro Atlanta.
- **Uniting and Empowering M.O.M.S (Moms Offering Moms Support)**, [meetup.com/unitingempowermoms](http://meetup.com/unitingempowermoms): For single moms, it is "geared towards uniting, encouraging and empowering single moms by providing opportunities through support group meetings and calls, fellowship with our families with fun activities and events and engaging workshops/conferences."



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