

# atlanta BABY

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# atlanta BABY

FROM ATLANTA PARENT MAGAZINE

## Guide for New and Expectant Parents



### 6 / **Baby Docs Know Best**

From feedings to fevers, Atlanta pediatricians offer their own tried-and-tested advice on taking care of baby.

### 10 / **Must-Have Products for Baby**

Our 10 favorite picks can help make life with your newest family member a little easier.

### 14 / **Choosing a Childcare Center**

There are so many choices when it comes to finding the right childcare program. Here are questions to help you get started.

### 19 / **Mom, Find the Right OB**

Nothing is more important than taking care of yourself! Our list of mom-approved OB/GYNs can help you find one you'll love.

### 22 / **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. We compare hospitals by size, services, cost and more.



➤ **Test Your Knowledge of Baby Statistics: The answers just might surprise you. Page 5**

## THE GREAT BABY STUFF GIVEAWAY!

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- Pria 3-in-1 car seat
- Archer 4-in-1 crib from Delta Children

*(Learn more about these products on page 12)*





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# Are You Smarter Than The Average Mom?

Put yourself to the test with *Atlanta Baby's* pregnancy and baby trivia questions.



**1.**

What state in the United States has the highest birth rate per 1,000 people?

**2.**

What state in the United States has the lowest birth rate per 1,000 people?

**3.**

What grade did the March of Dimes give the U.S. in their 2018 Premature Birth Report Card?

**4.**

How long does it take a sperm cell to fertilize an egg?

**6.**

In what decade did physicians start using fetal monitors to check baby's health?

**5.**

Adults have 206 bones. How many do babies have?

**7.**

When did disposable diapers start replacing cloth?

**8.**

How often do newborns urinate?

**9.**

What percentage of babies are breastfed exclusively through 6 months?

**10.**

What are the top three baby names for boys and girls in 2019?

**11.**

When was the baby monitor invented?

**12.**

What is the estimated cost of raising a child?

Answers on page 11

# BABY DOCS KNOW BEST



by Emily Webb

**These Atlanta pediatricians,** who have experienced it all with their own kids, share advice on how to take care of your newborn and make the transition to parenthood easier.

## **Lindsey Ransom, M.D.**

**West Atlanta Pediatrics / Blake, 3; husband, JR**

Breastfeeding is one of those topics that most pregnant women expect to come naturally. It may not work out as well for some moms. For those women, I encourage them to nurse as much as possible, but at least 1-2 times a day to help their babies get the benefits of breastfeeding. Breastfeeding skin-to-skin helps with bonding between mom and baby. Breast milk also strengthens the immune system and decreases the risk of many viruses and infections, and it may benefit mom by decreasing risk of breast, ovarian and uterine cancer.

Vaccines are safe, and keep us and our babies safe. Vaccination can mean the difference between life and death. Vaccine-preventable diseases haven't gone away, thus vaccines are still important.

The American Academy of Pediatrics recommends no screen time before the age of 2, but these days, there's a TV in each room, everybody has a cell phone and a tablet. If you do expose them to screen time, I recommend it has an educational purpose – learning something about colors or numbers – and is not just a mindless activity. Screen time doesn't allow for the baby and parent to connect, as it takes away from one-on-one time.

*Dr. Ransom is a board certified pediatrician and a Fellow of the American Academy of Pediatrics. She completed her medical training at the Medical College of Georgia in Augusta and her residency at Morehouse School of Medicine in Atlanta. Her hobbies include spending time with family and friends, traveling and reading.*

Breastfeeding skin-to-skin helps with bonding between mom and baby.

**Adele H. Goodloe, M.D.**

**Northside Pediatrics**

**Eliza, 5; Mike and Linnea, 3; husband, Britton**

With my first child, I remember being very stressed about all the ‘stuff’ that I needed. I poured over websites and resource books trying to figure out what was the best stroller, crib, bouncy seat, high chair, bibs, blanket and on and on. I quickly learned that all you really need to bring baby home is a car seat and firm, flat sleeping surface. Everything else really is just extra. You and your baby will be just fine without it!

The first six weeks after having a baby are stressful. I remember sitting in my pediatrician’s office for our 2 week checkup feeling overwhelmed and exhausted, thinking ‘what have I gotten myself into?’ Infants don’t give a lot of positive feedback during these early days. For the first month of life, if all your baby is doing is feeding, pooping, crying and sleeping – you guys are right on target. Don’t worry – parenthood does get a lot more fun.

The learning curve for parenthood is steep. There are so many new experiences and challenges (that you will overcome!) with your entry into parenthood. Be kind to yourself during this time period and know who is in your support network.

*Dr. Goodloe grew up in Peachtree City and is a University of Georgia graduate. She attended Mayo Medical School in Minnesota and then performed pediatric residency at Vanderbilt Children’s Hospital. Goodloe joined Northside Pediatrics in 2016. She leads the Woodstock Walk With a Doc Chapter, hosting twice monthly walks for the community.*



The learning curve for parenthood is steep. ... Be kind to yourself during this time period and know who is in your support network.

**Linda Kelly, M.D.**

**Dunwoody Pediatrics**

**Chase, 21; Emily, 18; Danielle, 15; husband, Shaun**

Fever is a symptom that an inflammatory process is occurring in the body. An elevated temperature is defined as a temperature above 38 degrees C or 100.4 degrees F. One common cause of an elevated temperature is an infection, and in the infant younger

than 3 months of age, the risk of serious bacterial infection, UTI and meningitis is around 10%. Any temperature above 100.4 degrees F in an infant needs to be evaluated by a doctor. Infants younger than 3 months of age should not be given Tylenol unless instructed to by their pediatrician. Children older than 3 months of age to 3 years of age who have a temperature above 100.4 degrees F for more than three days should

be evaluated by a doctor. Children in the age bracket of 3 months to 3 years should also be seen if their temperature is above 102 degrees F, regardless of how long the fever has been present. A child of any age with a temperature above 104 degrees F should be seen by their physician.

Temperature may be measured by one of many thermometer types: rectal, oral, axillary (under the arm), via the tympanic membrane (ear) or by temporal artery (forehead). An axillary temperature may be used to evaluate an infant less than 4 weeks of age, and for an infant greater than 4 weeks of age a rectal temperature is the most accurate.

*Dr. Kelly attended the University of Pittsburgh and Temple University School of Medicine. She completed her residency at Children’s Hospital of Pittsburgh. She is board certified in Pediatrics and a Fellow of the American Academy of Pediatrics. She was chosen as one of America’s Top Physicians by Consumer Research Council of America.*

Infants younger than 3 months of age should not be given Tylenol unless instructed to by their pediatrician.



# BABY DOCS KNOW BEST



If your baby is missing two feedings in a row, is refusing to eat or seems very uncomfortable with feedings, you should see your doctor.

## Ashley Stolle, M.D.

**Gwinnett Pediatrics and Adolescent Medicine**  
Livi, 15; Kate, 13; Lex, 10; husband, David

I highly recommend every new parent get a copy of the American Academy of Pediatrics' book entitled 'Caring for Your Baby and Young Child from Birth to Age 5.' It is full of great information on basic childcare, common illnesses, developmental milestones and a new parent's most common questions or concerns.

Vaccinate your baby! Stick with the research-based schedule recommended by the American Academy of Pediatrics and the Centers for Disease Control. It is the single most important thing you can do to protect your child from deadly disease. Vaccines are among the most rigorously tested and safest medical products on the market and save millions of lives.

One common concern is constipation. Some babies will have a bowel movement as infrequent as every 5-7 days. It can be normal for your child to have a bowel movement every few days so long as he is feeding well, and the stools are soft like peanut butter. If your baby is missing two feedings in a row, is refusing to eat or seems very uncomfortable with feedings, you should see your doctor. Babies who spit up excessively or have projectile vomiting after each feed should seek care. You should always call a doctor right away if your newborn baby vomits a bright yellow/green color, as this could be a sign of an intestinal blockage.

*Dr. Stolle went to the University of Virginia for her bachelors and for medical school. She performed her residency at Emory University School of Medicine. She married her college sweetheart, and she and her family have a golden doodle named Sammy. She believes practicing pediatrics keeps her young and appreciative of each day.*

## Nicholas Kelley, M.D.

**Children's Medical Group**  
Victoria, 3 1/2; twins due in October;  
wife, Vang

Babies' skin is sensitive, so you want to be sure not to use anything that has any scent to it. Make sure the people who are holding the baby aren't wearing really strong perfume or cologne, because their skin can have reactions to it. If you bathe them every day, you wash all the good oils off their body, which can essentially dry out their skin. Twice a week is usually the norm. Do not bathe them until their umbilical cord falls off. You can sponge bathe them, but the stump has to stay dry. Make sure water is lukewarm to the touch, and test it before you use it.

Always take notes. When you're sitting with your child at 2 a.m. and you think, 'I need to ask the doctor about this, but I don't want to call,' write it down. Because you'll come to your visit with us, and say, 'I had this great question for you, but I'm so tired, and I can't remember it.' I expect my parents to come in with a list of questions, because it means you're actively thinking about your child.

If you're worried about it, call us. There's no silly question when you're a new



parent. In general, you have a lot of things working against you. All of a sudden, you have this huge responsibility of a new life you're supposed to be taking care of, you're trying to figure out how to not screw it up, you're immensely sleep deprived, you have this baby doing these really funny things that don't seem like they're normal. Our job is to be that filter for you.

*Originally from McDonough, Dr. Kelley went to the Georgia Institute of Technology and attended medical school at Mercer University. Before joining Children's Medical Group in 2019, he worked for Prisma Health at Spartanburg Pediatric Health Center and Spartanburg Night Clinic. His medical interests include newborn care, mental health, asthma and adolescent care.*

Always take notes. When you're sitting with your child at 2 a.m. and you think, 'I need to ask the doctor about this, but I don't want to call,' write it down.



## What You Should Know About Taking Care of Your Infant

### Take Safe Sleep Seriously

■ **Goodloe:** Sudden infant death syndrome (SIDS) and sudden unexpected infant death (SUID) are responsible for about 3,500 infant deaths every year and are the third leading cause of infant death. Follow the ABC's of safe sleep to decrease an infant's risk of death. A stands for Alone: there should not be any blankets, bumpers, toys or other people in the sleep space. B stands for Back: lay your baby on her back always, and tell anyone taking care of your infant to do this as well. C stands for Crib: your infant needs their own sleep space with a firm, flat surface.

### Care for Diaper Rash

■ **Goodloe:** To treat common irritant diaper rash, you should apply diaper cream like you are icing a cake. You don't want to see any underlying skin! The white, thick creams all contain zinc oxide, which bind with the skin to provide protection. The key is to not scrape the cream off between changes. Well-meaning parents will fastidiously remove all the cream with each change, which takes off the top layer of healing skin. Instead, just get most of the poop out and reapply more cream on top. At the end of the day, use some warm water to gently wash and start fresh. If the diaper rash is not getting better over 3-5 days despite this method, the infant should be seen.

### Know the Signs

■ **Stolle:** Signs that your baby may be sick include skipping two feedings in a row, not waking to feed or crying constantly for two hours without relief. Other signs that you should be concerned include a very 'floppy baby' that feels like a rag doll when picked up, or if you notice worsening yellowing of his/her skin (jaundice). New rashes on the body deserve an exam. Newborn immune systems are weak and minor illnesses can spread to the brain quickly. This is why we recommend keeping newborns away from large crowds and sick individuals the first two months of life.

■ **Kelley:** Fever is an emergency. You're looking for signs that your child is sick that would prompt you to measure a fever. Is the child overly fussy, abnormally irritable or lethargic? What are their breathing patterns? Are they breathing really hard or really rapidly? The caveat to that is babies do this thing called periodic breathing where they breathe really rapidly for a few seconds and then they pause. You don't want to have that sustained. Does the baby appear dehydrated, have less wet diapers, or dry eyes and mouth?

### Create a Support System

■ **Ransom:** Team work makes the dream work. Allow your spouse or grandparent or friend to watch the baby so you can grab a quick bite to eat or take a shower or nap. Those minutes make a difference in morale and energy levels.

■ **Stolle:** Newborns do not come with a manual, and it can be very stressful to suddenly be in charge of this new human! Often times a grandmother, aunt or a friend who has been through parenthood can be a great resource. I learned more from my own mother and mother-in-law about dealing with a newborn than I did in medical school! I tried surrounding myself with other new moms in the same phase of life as me. Having other people to run things by or share advice with makes parenting a lot easier and way more fun!

■ **Kelley:** Self-care is so important. Make sure you're taking care of yourself. You're going to be less stressed, you're going to enjoy your baby, and you're going to succeed at things like breastfeeding if you really dedicate some self-care. Rest when you can, get help when you can, take breaks. If it seems too much for you to handle at one time, tap out. Get someone to watch her. Having a moment to yourself is key.



# 10 MUST-HAVE PRODUCTS FOR BABY

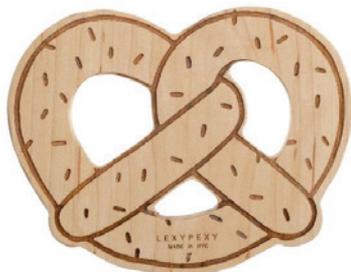
Confused by all the baby products out there? Here are our favorites.



■ **Lullabuddy** has two hours of recorded lullabies to soothe babies. The easy to use device has a shuffle button, a one-hour timer and is charged with a mini USB cable. The lullabies were recorded by Mae Robertson, but you can also connect it to a personal device to play your own songs. The device can be easily transported, so you can keep your baby calm wherever you go. Available at [lullabuddy.com](http://lullabuddy.com) for \$60.



■ Record the many firsts and moments your baby will go through with the **Baby Journal from Write To Me**. This gender neutral journal has space for milestones from pre-birth to 5 years old. You can add photos to pages with photo dots, double sided tape or acid-free washi tape. Available at [writetomeshop.com](http://writetomeshop.com) for \$44.95.



■ **LexyPexy** is a collection of eco-friendly wooden teethers and toys. Each piece is made from maple wood, which is non-toxic, non-allergenic, naturally antibacterial and non-splintering. Made in the U.S., designs include passports, pretzels, purses and more. Available at [lexypexy.com](http://lexypexy.com) and starts at \$26.



■ **The Rod Clutching Toy – Frog from Haba** is an easy to grasp, adorable frog toy for ages 6 months and older. The beech toy includes two rattling balls that foster acoustic perception, and the clattering effect will capture baby's attention. Available at [habausa.com](http://habausa.com) for \$13.99.



■ Tiny Loves' Magical Tales Collection includes a **Black and White Super Mat** designed to encourage baby's development and skills. Features on the mat allow the baby sensory stimulation, muscle practice and more. It is easy to fold and carry with you. Available at [amazon.com](http://amazon.com) for \$31.99.



■ Cut down on single-use plastic products with **GoSili Silicone Baby Spoons**, which are perfect for clumsy hands and tiny teethers. The extra scoops make it easy for toddlers to feed themselves as they grow older. They're 100% silicone, safe to boil and sterilize and dishwasher safe. A set of two is available at [gosili.com](http://gosili.com) for \$9.95.

■ **Noah The Elephant from Haba** invites baby to play and discover. The polyester elephant has a squeaking effect, and he promotes fine motor skills and reflexive clutching. The toy is machine washable and air dry and recommended for ages 6 months and older. Available at habausa.com for \$6.99.



■ Rock your baby hands-free with the **Rockit by Rockit Rocker**. Attach it to your baby's stroller, and adjust the speed to gently rock your baby, as the vibration level closely mimics the normal hand rocking of a stroller. It is rainproof, so you can use it outdoors when you walk with your baby. Suggested for birth to 36 months. Available at rockitrocker-usa.com for \$49.99.



■ Designed by a breastfeeding mom, the **Lansinoh Nursie Breastfeeding Pillow** is comfortable, portable, and helps support proper breastfeeding positioning. The pillow slides onto the arm, so it is truly one size fits all. The pillow is soft, plush and decorated with a star pattern. Available at lansinoh.com for \$29.99.



■ **The MAM Comfort Pacifier** is specially designed for newborns with research and development help from pediatricians, dentists and orthodontists. The nipple ensures the pacifier is always positioned correctly in the baby's mouth. The sterilizer box makes the pacifier easy to disinfect. A set of two is available at buybuybaby.com for \$6.99.



*Cont'd on page 12*

**Quiz answers:**

1. Utah with 15.7 babies per 1,000
2. New Hampshire with 9 babies per 1,000
3. Grade C with a preterm birth rate of 9.9%. Georgia has a D with an 11.4% rate.
4. About 24 hours
5. 300 (some fuse as children grow)
6. 1960s
7. Pampers, in 1961, were the first widely used in the United States, though various versions of disposable diapers were developed in the 1950s.
8. Every 20 minutes
9. 25.4%; The American Academy of Pediatrics recommends that infants be exclusively breastfed for about the first 6 months.
10. Based on babycenter.com rankings, Olivia, Emma and Ava are the top 3 girls names, while Liam, Noah and Oliver are the top 3 names for boys.
11. 1937
12. \$233,610

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# PRODUCTS THAT GROW WITH BABY



■ **The Pria 3-in-1 car seat** has additional modes of use to offer your child a safe, comfortable car seat for children from birth to 10 years old. The seat comes with three-position recline, five headrest heights and a QuickFit shoulder harness. The fabrics are easy to remove, machine washable and dryer safe. Available at [maxi-cosi.com](http://maxi-cosi.com) for \$279.99.



■ **The Archer 4-in-1 Crib from Delta Children** is versatile as a bed throughout your child's life. The product is easy to assemble and transitions from crib to toddler bed to daybed to full-size bed. Built with a sturdy wood frame that features a 3-position height adjustment, the bed allows you to lower the mattress height as your baby grows. Available in Grey, Bianca White or Dark Chocolate for \$229.99 on [amazon.com](http://amazon.com).

■ **Zelia Max 5-in-1 Modular Travel System** provides five modes of use to help parents transition through multiple stages of growth: carriage forward-facing, carriage parent-facing, stroller forward-facing, stroller parent-facing and newborn parent-facing car seat designed by car seat safety experts. The soft and durable fabrics are comfortable for baby and easy to maintain for parents. Additional luxury features include extendable canopy, customizable handle, extra-large storage baskets, parent cupholder and lockable swivel wheels. Available at [maxi-cosi.com](http://maxi-cosi.com) for \$499.99.



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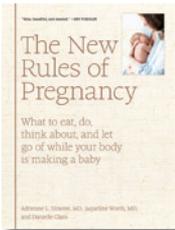
## Parenting Books We Love

From pregnancy to preschool, our picks can help answer questions, alleviate concerns and reduce the stress of being a parent.

### ■ The New Rules of Pregnancy

by Adrienne L. Simone, M.D., Jacqueline Worth, M.D. and Diane Claro (*Artisan*, \$19.95)

Aimed at reducing the anxiety of mothers-to-be, this thoughtful book offers friendly, calming advice on all aspects of pregnant life. Self-care, eating, labor, nursing and more are discussed in short essays that are informative yet compassionate.



### ■ The Wonder Weeks: A Stress-Free Guide to Your Baby's Behavior

by Hetty van de Rijt, Ph.D., Frans Plooij, Ph.D. and Xaviera Plas-Plooij (*The Countryman Press*, \$19.95. Release date Sept. 10)

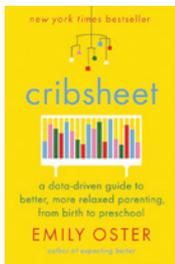
"Why is my baby cranky and crying?" The ups and downs of the first 20 months can be frustrating. Focusing on 10 basic "leaps" of development helps parents understand a baby's behavior and offers practical suggestions for navigating the journey.



### ■ Cribsheet

by Emily Oster (*Penguin Press*, \$28)

Sorting through the conflicting advice on parenting can be stressful. *Cribsheet* takes a research-based, pros-and-cons approach to topics from birth to preschool, such as feeding, sleep, potty training and discipline. Using this information, parents can make decisions that are right for them – and feel confident in their choices.



### ■ The Montessori Toddler: A Parent's Guide to Raising a Curious and Responsible Human Being

by Simone Davies (*Workman Publishing*, \$19.95)

Explaining the principles of Montessori in a clear, easy-to-understand way, Davies shows parents how to apply this child-centered method at home. Her practical, hands-on ideas and activities are helpful tools for raising toddlers to be self-efficient and curious. – *Mary Williams*



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# Choosing a Childcare Center: 10 Questions to Ask

by Sandra Gordon

If you'll be returning to work after your baby is born, you probably know that open childcare spots can fill quickly. Still, it pays to be choosy in your childcare search. Starting a few months before you're ready, "visit three to five childcare programs," says Kris Murray, author of *The Ultimate Childcare Marketing Guide* and a consultant to the childcare industry. To narrow your selection, here are the top questions Murray suggests asking providers that can help you know if you've found the right place – or if you need to keep looking.

- 1 What activities will my child do?** The code word to listen for is "curriculum." With emerging research about early brain development, top childcare programs aren't glorified babysitters. They're full-featured learning environments, even at the infant level because learning starts from birth.  
"There are all sorts of age-appropriate curriculums available now, from baby sign language in an infant room to early reading, nature, science, art, technology and drama programs for toddlers," Murray says. Each program is typically organized into themes.
- 2 What's the teacher to child ratio?** It's important for your child to get plenty of attention, especially the younger she is. Babies and toddlers 12 months old and younger need an adult to child ratio of no more than 1:4 (one adult per four infants). For toddlers 12 to 28 months old, the ratio should be 1:3. Small class sizes of 10 to 12 children or less is preferred too. Even if there are plenty of adults to children, a larger group of toddlers can feel chaotic.
- 3 What's your policy on unannounced visits?** The best answer is, "No problem. We have an open door policy." Impromptu parent visits should always be welcome, Murray says. After signing up your child, you should be able to drop by anytime.
- 4 How will I know what my child did all day?** While some smaller centers still distribute a daily activity sheet detailing what each child experienced that day, most now offer the information digitally. Apps and emails are used to share photos, videos and updates on the day's activities and can include information on diapering, feeding, temperament and more.

It's a big plus. Imagine sitting in a meeting and getting a text from your child's childcare or preschool with a video or photo of a picture he just painted. "Real time streaming helps you stay connected to your child's day," Murray says. When you pick your child up, you can say "Look at the cute pictures I got from you today," and talk about them together.

**5 What are the qualifications of your caregivers?** "Ask for a list of the teachers, which includes the number of years of experience they've had in the field, their degree (in early childhood education for the lead teacher) or the training they've had," Murray says. Lead teachers should also have five to seven years of experience. With practice comes the competence to handle challenging issues, such as fighting and other behavioral problems or potty training in a toddler program.

**6 Are drop-off and pick-up hours flexible?** If you work from home sometimes or need a half-day help here and there, look for an option that works with your nontraditional schedule. Childcare that's less than full time is a growing trend. "For a monthly membership fee, many centers will allow you to drop off your child whenever you want," Murray says.

**7 What's the security situation like?** Most childcare programs are safer than they were five years ago. Some now, for example, have biometrics at the entrance. Instead of punching in a code at the door, you're required to place your finger on a pad to enter the building. "Stricter regulations on safety and background checks are now required in many states," Murray says.

"We have what's called 'double-secured entry' at each of our schools," says Kelly Yust, Director of Marketing at Little Sunshine's Playhouse & Preschool. "Parents have to enter their personalized code at two locations – once to enter the school and again in the lobby to access classrooms."

When touring a center, ask whether the children are monitored by a secure webcam. Is the feed distributed to the director's office so there's oversight of what's happening in the classroom? (Good.) Can you have access to the feed as well? (Double good.) Not only does camera surveillance provide peace of mind because you can see what's going on, it allows you to engage in your child's day ("I saw you help Sam pick up his crayons. That was so nice of you.") "You get to spy with a positive purpose," Murray says.

**8 How often do the kids get to go outside?** Beyond extremely hot or cold weather, "there's no excuse for children not to get outside every day," Murray says. Your childcare center should support the full health of the child, which includes spending time in nature and being active.

Cont'd on page 16

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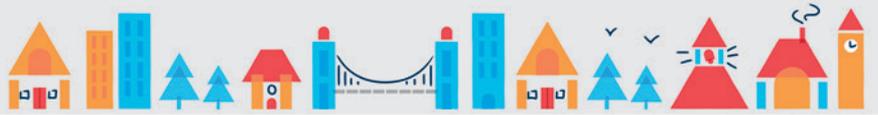


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## Choosing a Childcare Center: 10 Questions to Ask



**9 What's your disaster recovery and emergency policy?** If there's a fire or disaster at the school, you want to know that teachers have been properly trained to respond quickly and effectively to get every child out. Every teacher should be trained in CPR too.

**10 Ask yourself: Am I comfortable with the environment?** After you've narrowed it down to your top picks, spend an hour or two observing a classroom when the kids are awake (not at nap time). What's the vibe? The center should feel open and warm-hearted.

Teachers should look like they're happy to be there and engaged with the children. If you get a good feeling about the place, chances are your child will like it too because he'll pick up on your satisfaction.

Finally, confirm your selection by finding out what everyone else has to say. Review testimonials from other parents on the center's Facebook page and review sites such as Yelp. "Sometimes there are disgruntled employees or an occasional unhappy parent," Murray says.

"If you see 10 great reviews and one negative one, you're probably fine. Look for a preponderance of positive," she adds.

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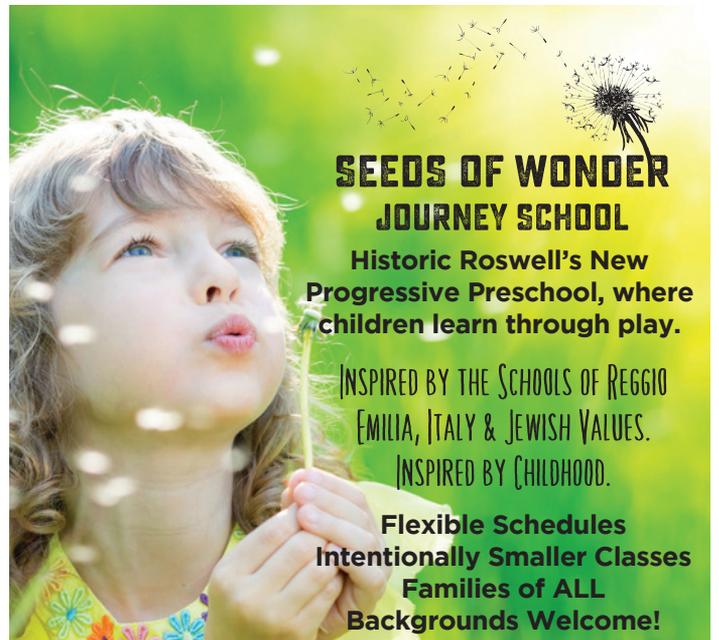


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## Moms Know Best!

*Atlanta Parent* readers have nominated the best dentists, pediatricians, OB/GYNs and more from around Atlanta. Find a patient-nominated doctor near you at [atlantaparent.com/top\\_docs](http://atlantaparent.com/top_docs)

ATLANTA PARENT'S

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

**Angus, Stanley, MD**  
Atlanta Women's Specialists, Atlanta

**Aspuru, E.J., MD**  
Northside/Northpoint OB/GYN, Atlanta

**Babalarios, Katie, MD**  
Peachtree Women's Specialists, Atlanta

**Bassil, Christopher, MD**  
Obstetrics and Gynecology of Atlanta, Atlanta

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

**Bizon, Jeff, MD**  
Longstreet Clinic, Gainesville

**Blank, Stephen, MD**  
Mt. Vernon OB-GYN, LLC, Sandy Springs

**Bootstaylor, Brad, MD**  
See Baby, Atlanta

**Bowers-Zamani, Alyssa, MD**  
WellStar Medical Group Kennestone OB/GYN, Marietta

**Brown, Eric, MD**  
Gyn Care Women's Healthcare Center, Atlanta

**Carter, Marlo, MD**  
The Women's Specialist of Fayette, Fayetteville

**Cha, Ann, MD**  
Women's Health Specialist of North Atlanta, Suwanee

**Chappell, Mary, MD**  
OB-GYN Associates, Marietta

**Cierny, Jill, MD**  
Northside/Northpoint OB-GYN, Atlanta

**Clay, Kawami, MD**  
Cherokee Women's Health Specialists, P.C., Canton/Woodstock

**Crigler, Britton, MD**  
Cherokee Women's Health Specialists, P.C., Canton

**Davenport-Nicholson, Agena, MD**  
Emory Clinic-Obstetrics & Gynecology, Atlanta

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

**Dourron, Robert, MD**  
Dourron OB/GYN Associates, Decatur

**Durairaj, Anissa, MD**  
Northside/Northpoint OB/GYN, Atlanta

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

**Entrekin, Kay, MD**  
Atlanta Gynecology & Obstetrics, Decatur

**Estrella, Eduardo, MD**  
WellStar Kennestone Women's Health Clinic, Marietta

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

**Frederick, Hughan, MD**  
Nile Women's Health Care, Roswell

**Galloway, Asher, MD**  
WellStar North Douglas OB/GYN, LLC, Douglasville

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

**Ghandi, Peahen, MD**  
Cherokee Women's Health Specialists, P.C., Canton

**Goodson-Gerami, Leah, MD**  
Cherokee Women's Health Specialists, P.C., Canton

**Grossman, Jenny Jo, MD**  
Peachtree Women's Clinic Obstetrics & Gynecology, Atlanta

**Hale, Kathryn, MD**  
Cherokee Women's Health Specialists, P.C., Woodstock

**Haley, James, MD**  
Cherokee Women's Health Specialists, P.C., Canton

**Harmon, Sheena, MD**  
Peachtree Women's Specialists, Atlanta

**Huffman, Kimberly, MD**  
OB-GYN Associates, Marietta

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

**Kasperek, Dori, MD**  
Complete Women's Healthcare, Cumming

**Kelley, Terry, MD**  
OB-GYN Associates, Marietta

**Killian, Colleen, MD**  
OB-GYN Associates, Marietta

**Kleiss, Kimberly, MD**  
Piedmont OB-GYN, Atlanta

**Litrei, Michael, MD**  
Cherokee Women's Health Specialists, P.C., Canton

**Mandeville, Dawn, MD**  
Atlanta Gynecology & Obstetrics, Decatur

**Mmbaga, Natu, MD**  
Modern Obstetrics and Gynecology, Johns Creek

**Morgigno, Laura, MD**  
Maternal Gynerations, P.C., Lawrenceville

**Morrell, Rene, MD**  
WellStar Medical Group Cobb Gynecologists, Austell

**Pressley, Janice, MD**  
Gwinnett Gynecology & Maternity, Snellville

**Price, Lisa, MD**  
Dunwoody OB/GYN, P.C., Dunwoody

**Purdie, Jill, MD**  
Northside Women's Specialists, Atlanta

**Raghavan, Kalpana, MD**  
West Atlanta OB/GYN, Smyrna

**Rao, Supriya, MD**  
Complete Women's Healthcare, Cumming

**Ricks, Nitasha, MD**  
Atlanta Women's Specialists, Atlanta

**Robbins, Laurie, MD**  
Unified Premier Women's Care, Atlanta

**Sharon, Thomas, MD**  
Obstetrics and Gynecology of Atlanta, Atlanta

**Smith, Yvette, MD**  
Atlanta Women's Specialists, Atlanta

**Soufi, Winifred, MD**  
Women's Health Associates Group, Atlanta

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

**Taghechian, Elizabeth, MD**  
Marietta OB-GYN Affiliates, P.A., Marietta

**Tate, Joseph, MD**  
DeKalb-Gwinnett OB/GYN, P.C., Norcross

**Taylor, Sherry, MD**  
Alpha Omega OBGYN, Alpharetta

**Williams, Rebecca, MD**  
Maternal Gynerations, P.C., Lawrenceville

## MIDWIVES

**Arp, Michelle, CNM**  
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**Clark, Michele, CNM**  
NPGP OB/GYN, Gainesville

**Ellison, Brittany, CNM**  
Nile Women's Health Care, Roswell

**Griggs, Susan, CNM**  
Cherokee Women's Health Specialists, P.C., Canton

**James, Cherise, CNM**  
Intown Midwifery, Atlanta

**Mitchell, Holly, CNM**  
Obstetrics and Gynecology of Atlanta, Atlanta

## FERTILITY SPECIALISTS

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

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

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

**Patel, Bonnie, MD**  
Atlanta Center for Reproductive Medicine, Marietta

**Straub, Robert, MD**  
Reproductive Biology Associates, Atlanta

## Yvette Smith, MD; Michael Dawson, MD; Stanley Angus, MD



Dr. Yvette Smith

Dr. Yvette Smith, is a Partner Physician at AWS. For Dr. Yvette Smith, one of the best parts of specializing in women's health is teaching. "I'm an educator at heart," says Dr. Smith. "In OB-GYN, so much of what we do is about educating women, and I love that." "Medicine is not a dictatorship," says Dr. Smith. "Not everything is black and white. My patients know that I'm willing to work with them and come up with a plan that will get them where they want to be."



Dr. Michael Dawson

Dr. Michael Dawson is a Partner Physician at AWS. He 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. Stanley Angus

Dr. Angus is a Partner Physician. He grew up in New York, Maryland and Pennsylvania. Dr. Stanley Angus always knew he would be a doctor. But despite growing up in a household full of women, he didn't decide to specialize in OB-GYN until his obstetrics rotation as a medical student. During that time, he learned he related well to his female patients. Dr. Angus joined Atlanta Women's Specialists because he and the other doctors share a practice style and philosophy that centers around the goal of healthy moms and healthy babies. Dr. Angus enjoys working at Atlanta Women's Specialists because of the unique team of physicians who pitch in and help one another.

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## 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.

The providers at New Beginnings have a special interest in managing normal and high-risk pregnancies. They use advanced technology and techniques to ensure their patients receive optimal care. From prenatal visits, diagnostic screenings, to delivery; the providers and staff are there for their patients each step of the way.



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# Cherokee Women's Health Specialists, PC



Since 1993, patients of Cherokee Women's Health have submitted thousands of rave reviews for the expert care they've received, earning the practice multiple awards. They have been voted "Best OB/GYN" in Cherokee County for three consecutive years, "Best Surgeons" in 2019, and multiple physicians have been voted "Top Doctor" by their peers since 2016. But their stellar reputation is not just local, it's nationwide. Last year, patients traveled to Cherokee Women's Health from 27 states for their OB/GYN care.

Dr. Michael Litrel, Dr. Peahen Gandhi and Dr. James Haley are double board-certified in OB/GYN and Urogynecology (Female Pelvic Medicine and Reconstructive Surgery). This expertise has drawn patients from as far as Alaska, Montana and Maine seeking solutions for complex pelvic and gynecological issues.

Dr. Kathryn Hale, Dr. Britton Crigler, Dr. Kawami Clay and Dr. Leah Goodson-Gerami complete this powerhouse team of seven OB/GYNs, two midwives and a physician assistant. So, whether patients live just down the road or on the other side of the country, they can be certain that they'll receive the utmost quality of care from a diverse group of physicians and staff.



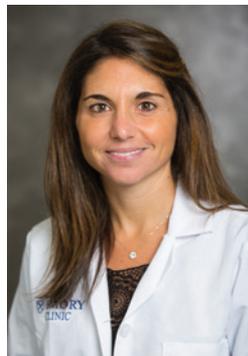
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# Jennifer Kawwass, MD; Agena Davenport-Nicholson, MD



Emory Clinic's Department of Gynecology and Obstetrics congratulates Dr. Jennifer Kawwass and Dr. Agena Davenport-Nicholson 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. 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. Davenport-Nicholson sees patients at Emory University Midtown and is a board-certified obstetrician/gynecologist who has a passion for teaching girls and women about their bodies and partnering with them to help manage their reproductive health. She graduated from Oakwood University in Huntsville, Alabama then went on to train at the University of Cincinnati for both medical school and residency.

Dr. Kawwass and Dr. Davenport-Nicholson 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

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Atlanta, GA 30308

The Emory Clinic, Emory Campus  
1365 Clinton Road, Building A, 4th Floor  
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Emory Women's Center at Findley  
12000 Findley Road, Suite 400  
Johns Creek, GA 30097

Emory Saint Joseph's Hospital  
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Hospital	Private (P) Mat. Beds	Birthing Rooms LDR/LDRP**	Births Per Month	C-Section Rate	Maternity Tours
<b>Eastside Medical Center</b> 1700 Medical Way, Snellville, GA 30078 770-736-2500. eastsidemedical.com	22-P	13 LDR	115	37%	By appt. 800-242-5662 or online
<b>Emory Decatur Hospital</b> 2701 N. Decatur Rd., Decatur, GA 30033 404-501-1000. emoryhealthcare.org	52-P	18 LDR/LDRP	300	17% Primary 16% Repeat	Offered weekly. Call 404-501-9355 to register
<b>Emory Johns Creek Hospital</b> 6325 Hospital Pkwy., Johns Creek, GA 30097 678-474-7000. emoryhealthcare.org	11-P	8 LDR/LDRP	105	16% Primary 15% Repeat	Thur. & Sat. mornings Register online
<b>Emory University Hospital Midtown</b> 550 Peachtree St. NE, Atlanta, GA 30308 404-686-1000. emoryhealthcare.org	51-P	18 LDR	approx. 480	30%	By appt. 404-778-7777
<b>Grady Memorial Hospital</b> 80 Jesse Hill Jr. Dr. SE, Atlanta, GA 30303 404-616-1000. gradyhealth.org	29-P	12 LDR/LDRP	219	13% Primary 13% Repeat	By appt. 404-616-1000
<b>Gwinnett Medical Center</b> 550 Medical Center Blvd., Lawrenceville, GA 30046 678-312-3600. gwinnettmedicalcenter.org	37-P	19 LDR	400	33%	Tues. 6:30 & 7:30 p.m.; One Sat. per month 9 a.m. or 10 a.m. Register: 678-312-5000
<b>Northeast Georgia Medical Center Gainesville</b> 743 Spring St. NE, Gainesville, GA 30501 770-219-1475. nghs.com	30-P	18 LDR/LDRP	approx. 280	15% Primary 31% Total	View online or call 770-219-1495 to schedule
<b>Northeast Georgia Medical Center Braselton</b> 1400 River Place, Braselton, GA 30517 770-848-3312. nghs.com	10-P	10 LDRP	approx. 90	16% Primary 32% Total	Every Sun. 4:30 p.m. Register online or call 770-848-3312
<b>Northside Hospital Atlanta</b> 1000 Johnson Ferry Rd., Atlanta, GA 30342 404-845-5555. northside.com	200-P	42 LDR	1,291	38%	Daily by appt. 404-845-5555 or online
<b>Northside Hospital Cherokee</b> 405 Northside Cherokee Blvd., Canton GA 30115 770-224-1000. northside.com	20-P	13 LDR	100	34%	Daily by appt. 404-845-5555 or online
<b>Northside Hospital Forsyth</b> 1200 Northside Forsyth Dr., Cumming, GA 30041 770-844-3200. northside.com	48-P	14 LDR	275	37%	Daily by appt. 404-845-5555 or online
<b>Piedmont Athens Regional Medical Center</b> 1199 Prince Ave., Athens, GA 30606 706-475-5977. piedmont.org	28-P	10 LDR	200	28%	Register online
<b>Piedmont Atlanta Hospital</b> 1968 Peachtree St. NW, Atlanta, GA 30309 404-605-5000. piedmont.org	29-P	14 LDR/LDRP 9 antepartum	225	33%	Offered weekly. Register online or call 877-527-3712
<b>Piedmont Fayette Hospital</b> 1255 Hwy. 54 West, Fayetteville, GA 30214 770-719-7000. piedmont.org	32-P	12 LDR/LDRP	approx. 210	23%	First Sun. of each month and every Thurs. Register online

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

**T**here are so many things to do before your baby arrives. One of your first decisions as a parent is where to deliver your infant. This list of 28 metro-area hospitals includes birthing rooms and birth rates. Take advantage of hospital tours, and make a list of questions so you can get a better feel for what each facility has to offer. Figure out your insurance details beforehand, and learn the policies for visitation and guests in the delivery room. Prepare early for less stress and 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> 1133 Eagles Landing Pkwy., Stockbridge, GA 30281 678-604-1000. piedmont.org	18-P	12 LDR	135	19% Primary 45% Repeat	Register online
<b>Piedmont Mountainside Hospital</b> 1266 Hwy. 515, Jasper, GA 30143 706-692-2441. piedmont.org	7-P	4 LDR 3 LDRD	30	25%	Register by calling 706-301-5246
<b>Piedmont Newnan Hospital</b> 745 Poplar Rd., Newnan, GA 30265 770-400-1000. piedmont.org	14-P	5 LDR/LDRP	110	31%	Tours first and third Sat. of each month at 11 a.m. Register online or call 877-527-3712
<b>Piedmont Newton Hospital</b> 5126 Hospital Dr. NE, Covington, GA 30014 770-786-7053. piedmont.org	8-P	8 LDR/LDRP	60	30%	Register online or call 877-527-3712
<b>Piedmont Rockdale Medical Center</b> 1412 Milstead Ave., Conyers, GA 30012 770-918-3677. piedmont.org	29-P	17 LDR/LDRP	140	33%	Register online or call 877-527-3712
<b>Piedmont Walton Hospital</b> 2151 W. Spring St., Monroe, GA 30655 770-267-8461. piedmont.org	7-P	7 LDR/LDRP	36	18%	By appt. 770-267-1785
<b>Southern Regional Medical Center</b> 11 Upper Riverdale Rd., Riverdale, GA 30274 770-991-8000. southernregional.org	40-P	14 LDR/LDRP	194	17% Primary 16% Repeat	Wednesdays 6 p.m. Register: 770-991-8246
<b>WellStar Atlanta Medical Center</b> 303 Parkway Dr. NE, Atlanta, GA 30312 404-265-4000. wellstar.org	30-P	13 LDR	200	28%	By appt. 770-956-7827
<b>WellStar Cobb Hospital</b> 3950 Austell Rd. SW, Austell, GA 30106 470-732-4000. wellstar.org	38-P	20 LDR	275	29%	By appt. 770-956-7827
<b>WellStar Douglas Hospital</b> 8954 Hospital Dr., Douglasville, GA 30134 770-949-1500. wellstar.org	7-P	10 LDRP	45	20%	By appt. 770-956-7827
<b>WellStar Kennestone Hospital</b> 677 Church St., Marietta, GA 30060 770-793-5000. wellstar.org	69-P	20 LDR	500	29%	By appt. 770-956-7827
<b>WellStar North Fulton Hospital</b> 3000 Hospital Blvd., Roswell, GA 30076 770-751-2500. wellstar.org	20-P	6 LDR	90	16%	By appt. 770-956-7827
<b>WellStar Spalding Regional Hospital</b> 601 South 8th St., Griffin, GA 30224 770-228-2721. wellstar.org	21-P	4 LDR	85	38%	By appt. 770-956-7827
<b>WellStar West Georgia Medical Center</b> 1514 Vernon Rd., LaGrange, GA 30240 706-882-1411. wellstar.org	20-P	10 LDR	80	23%	By appt. 770-956-7827

\*\*Labor, Delivery, Recovery, Postpartum Rooms