

atlanta

FROM ATLANTA PARENT MAGAZINE

BABY

Make Mom Connections

**Where
Will You
Have
Your
Baby?**

**Mom-Approved
OB/GYNs and
Pediatricians**



Special Deliveries Daily

The Women's & Infants Pavilion at

 Southern Regional Medical Center



From the moment you walk through our doors, it's apparent that The Women's & Infants Pavilion at Southern Regional was created with you and your baby's comfort in mind. Our OB-Emergency Department, Labor and Delivery, Mother/Baby, and Level III Neonatal Intensive Care Units (with Neonatologists onsite 24/7), are dedicated to partnering with you and your doctor to provide a caring, safe, and comforting environment to welcome your little one.



Southern Regional Medical Center

11 Upper Riverdale Road, SW, Riverdale, GA • 770-991-8000

southernregional.org/services/womens-services/

Member of Prime Healthcare

2024/2025 atlanta BABY

FROM ATLANTA PARENT MAGAZINE

Guide for New and Expectant Parents



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We asked *Atlanta Parent* readers to tell us about the OB/GYNs and Pediatricians they trust.

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atlanta
BABY

FROM ATLANTA PARENT MAGAZINE

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Maintaining a Healthy Pregnancy

by Sarah Lyons



Now that you are expecting, it's important to make sure you are maintaining a healthy pregnancy not only for yourself, but for your baby as well. Women who follow some simple guidelines are much more likely to experience a healthy pregnancy and deliver a healthy baby.

Get proper prenatal care

When you first have a positive pregnancy test, it is important to make an appointment with your doctor. Proper prenatal care is essential to a healthy pregnancy because your doctor will be able to perform tests for any complications or risks. They will be able to advise you if any medications you are currently taking are unsafe for pregnancy. The doctor will also give you a list of over-the-counter drugs you can take for everything from heartburn to the common cold. As you progress in your pregnancy, you will go over what to expect at delivery and discuss a birth plan.

Choose a healthy diet

Now that you are eating for two it's important to choose foods that are healthy for both you and baby. Pregnant women need about 300 calories more than their norm and should focus on eating foods that are high in protein rather than empty calories. There are some foods that should be avoided such as raw and rare meats, fish high in mercury, excessive caffeine and unpasteurized dairy. Moms-to-be should also add a prenatal vitamin high in folic acid to their daily routine and avoid alcohol, smoking and illegal drugs.

Get sufficient rest

Growing a baby is generally exhausting. Listen to your body and rest when you can. If you cannot catch a nap in the middle of the day, take the time to put your feet up and relax for short periods. It is important to be aware of how you feel. If your body says get up and move then do so, but if your body is feeling run down and sleepy, then give yourself the chance to do that.

Stay active

Exercise is healthy for everyone, even pregnant women. Talk to your doctor about what type of exercise is allowed during your pregnancy. Most pregnant women can do light exercise, like walking or swimming and some may be allowed more depending on their pre-pregnancy fitness level. Exercise can help maintain a healthy weight during pregnancy and also keep up your strength which is needed for delivery.

Best Foods to Eat While Pregnant

Expecting moms should plan to add 300-500 calories to their diet during the second and third trimesters. While it's OK to occasionally give in to cravings of ice cream and french fries, there are foods that are much healthier and full of things your body needs to help the baby grow.

- Dairy products (especially yogurt because of the natural probiotics)
- Legumes, such as beans, soy and chickpeas which provide protein, folate and fiber
- Sweet potatoes are a good source of vitamin A
- Salmon is a good source of omega-3 and vitamin D
- Eggs are not only a good source of protein but help with prenatal brain development
- Leafy greens and broccoli provide a great source of nutrients and fiber
- Lean meats such as beef and pork can provide a good source of iron
- Berries are rich in antioxidants and vitamins and can be added to yogurt or smoothies
- Avocados provide a healthy source of fat, fiber, folate and potassium
- Water is important to keep from getting dehydrated which can result in early labor. Drinking lots of water can also help prevent constipation and urinary tract infections.

Manage stress and emotional health

While many pregnant women are concerned with their unborn baby, it is important to take care of yourself as well. Moms-to-be should make sure they are managing their stress level and are healthy both emotionally and physically. If you have feelings of sadness or are feeling overwhelmed, seek help from a friend, family member or your doctor.

Expecting a baby is an exciting and busy time. With these tips along with the guidance of your doctor, you can expect a healthy pregnancy and baby-to-be.

Yes, it takes a village.
We can help. 💖

Now enrolling in your neighborhood.

"It takes a village, and Sunshine House is a village you can trust."
– Aji

Join our village

For 50 years, The Sunshine House has been helping children build a solid educational and social foundation – with all the joy of childhood mixed in. And we'd love to do the same for your child.

Now is a great time to join our village. Contact us to schedule your tour today!

28 metro Atlanta locations!


Sunshine House
EARLY LEARNING ACADEMY
Parent-trusted for 50 years!
sunshinehouse.com

Join Our Email List

Scan the QR code or go to
atlantaparent.com/newsletter



Atlanta PARENT

Bringing parents the best things to do and more in metro Atlanta.

Where Will You Have Your Baby?



Before baby is born, there is a long checklist of things to do! One of your first decisions as a parent is where to deliver your infant. The metro Atlanta area has many different healthcare and hospital options, so you can discover the best fit for your family. This list includes the major metro-area hospitals to help you learn more about their services, birthing rooms, birth rates and more. Check websites for more information, including how to schedule a maternity tour.

HOSPITALS

Emory Healthcare

emoryhealthcare.org

Emory Healthcare offers comprehensive, high-quality maternity services at three locations, including certified breastfeeding specialists, childbirth classes, overnight accommodations, on-call baby photography and more. The Johns Creek and Decatur hospitals have Level III Neonatal Intensive Care Units, and the Midtown location's NICU is part of a Special Care Nursery.

■ Emory University Hospital Midtown

Births per month: 375-400

Private maternity beds: 51-P

Birthing rooms: 18 LDR

Level III NICU beds: 48

■ Emory Decatur Hospital

Births per month: 260

Private maternity beds: 52-P

Birthing rooms: 18 LDR/LDRP

■ Emory Johns Creek Hospital

Births per month: 120-150

Private maternity beds: 13-P

Birthing rooms: 12

LDR/LDRP Neonatal Intensive Care Unit: 8 private rooms, 8 intermediate rooms

**Newborns
sleep for
14-18 hours
a day.**

Grady Memorial Hospital

gradyhealth.org

Special programs at Grady's Women's Health Center include Centering Pregnancy, a prenatal program that creates support groups of women whose babies are due on similar schedules; Baby Friendly, which encourages breastfeeding; and Talk With Me Baby, a program encouraging mothers and caregivers to spend time talking to newborns. Grady's Perinatal Center and NICU serve more than 40 counties in North Georgia.

Births per month: 270

Private maternity beds: 26-PP

Birthing rooms: 12 LDR

Northeast Georgia Health System

nghs.com

Northeast Georgia Medical Center specializes in Mother/Baby Care, allowing moms to actively participate in caring for a newborn during the hospital visit with special time to bond. Women & Children's Education Classes include a free online education portal, a Prepared Childbirth Class, a Breastfeeding Class, a Newborn Parenting Class and a free Car Seat Safety Class. The Gainesville Perinatal Center provides care for women with high-risk pregnancies.

■ Northeast Georgia Medical Center Braselton

Births per month: 140

Private maternity beds: 20-P

Birthing rooms: 10 LDR

■ Northeast Georgia Medical Center Gainesville

Births per month: 307

Private maternity beds: 30-P

Birthing rooms: 18 LDR

■ Northeast Georgia Medical Center Habersham

Births per month: 40

Private Maternity Beds: 9-P

Birthing rooms: 10 LDR

Northside Hospital

northside.com

Northside Hospital offers in-person maternity classes, as well as self-paced online courses with an interactive Q&A session with an experienced nurse. Women's center virtual tours and eBooks are also available. Northside offers multiple high-risk maternity services with Special Care Nurseries at all four locations. The Miracle Babies program provides resources and financial assistance to families with newborns in the NICU.

■ Northside Hospital Atlanta

Births per month: 1,323

Private maternity beds: 200-P

Birthing rooms: 42 LDR

■ Northside Hospital Cherokee

Births per month: 226

Private maternity beds: 24-P

Birthing rooms: 13 LDR

■ Northside Hospital Forsyth

Births per month: 322

Private maternity beds: 40-P

Birthing rooms: 12 LDR

■ Northside Hospital Gwinnett

Births per month: 350

Private maternity beds: 37-P

Birthing rooms: 19 LDR

**2,425 babies
are born on
an average
week in
Georgia.**

Piedmont Healthcare

piedmont.org

Piedmont has helped welcome more than 100,000 babies in the last century. They offer a variety of classes, including childbirth preparation, breastfeeding, baby care and more. Piedmont has also launched the first neonatal nutritional program in Georgia allowing breastfeeding moms to help premature infants by donating their excess breast milk. The Athens, Atlanta, Eastside, Fayette, Henry, Newnan and Rockdale locations have a Level III Neonatal Intensive Care Unit.

■ Piedmont Atlanta Hospital

Births per month: 250

Private maternity beds: 29-P

Birthing rooms: 14 LDR

■ Piedmont Cartersville Hospital

Births per month: 65-70

Private maternity beds: 9-P

Birthing rooms: 7 LDR

■ Piedmont Eastside Hospital

Births per month: 110-135

Private maternity beds: 18-P

Birthing rooms: 13

Obstetrics Emergency Department: 4 beds

■ Piedmont Fayette Hospital

Births per month: 225

Private maternity beds: 36

Mother-Baby and GYN Birthing rooms: 12 LDR

■ Piedmont Henry Hospital

Births per month: 188

Private maternity beds: 19-P

Birthing rooms: 12 LDR

■ Piedmont Newnan Hospital

Births per month: 113

Private maternity beds: 18-P

Birthing rooms: 6 LDR/LDRP

■ Piedmont Rockdale Hospital

Births per month: 140-160

Private maternity beds: 19-P

Birthing rooms: 16 LDR

**A baby's
birth weight
should double
by age 5-6
months.**

Southern Regional Medical Center

southernregional.org

Southern Regional Medical Center works with you and your OB/Gyn to welcome your baby in a caring, comforting and secure environment. Their dedicated OB-Emergency Department offers enhanced emergent care for pregnant women with obstetrical concerns, and the Level III NICU is led by board-certified neonatologists and specialty trained clinicians 24 hours-a-day. The Women's & Infants Pavilion provides a variety of education and support services for parents and families.

Births per month: 60

Private maternity beds: 40-P

Birthing rooms: 14 LDR/LDRP and 8 OB-ED

Wellstar Health System

wellstar.org

Each year, 10,000 babies are born at Wellstar. Their highly skilled maternity services team provide family-centered care in technologically advanced birthing centers. The Cobb, Kennestone, North Fulton and Spalding locations feature a NICU, and the West Georgia Medical Center has a Special Care Nursery for babies born prematurely.

■ Wellstar Cobb Medical Center

Births per month: 236

Private maternity beds: 38-P

Birthing rooms: 20 LDR/LDRP

■ Wellstar Douglas Medical Center

Births per month: 52

Private maternity beds: 10-P

Birthing rooms: 10 LDR/LDRP

■ Wellstar Kennestone Regional Medical Center

Births per month: 515

Private maternity beds: 60-P

Birthing rooms: 21 LDR/LDRP

■ Wellstar North Fulton Medical Center

Births per month: 104

Private maternity beds: 20-P

Birthing rooms: 6 LDR/LDRP

■ Wellstar Spalding Medical Center

Births per month: 74

Private maternity beds: 20-P

Birthing rooms: 4 LDR/LDRP

■ Wellstar West Georgia Medical Center

Births per month: 75

Private maternity beds: 15-P

Birthing rooms: 10 LDR/LDRP

**Babies start
crying around
2-3 weeks,
but tears don't
show up until
1 month old.**

BIRTH CENTER

Atlanta Birth Center

atlantabirthcenter.org

The Atlanta Birth Center provides a holistic program with comprehensive midwifery care, childbirth services and free women's support groups. Birth services include labor, birth and postpartum care in a birth suite, hydrotherapy, immediate skin-to-skin care and more, and other services include family planning, pap smears, anxiety and more.

Sources: babycenter.com, marchofdimes.org, stateofbabies.org, webmd.com

10 Questions to Ask an OB/GYN

The relationship between a family-to-be and an obstetrician is a special one. When it's time to find an OB/GYN, a good place to start is recommendations from friends and family, or other doctors your family uses. The physician also should be certified in obstetrics by the American Board of Obstetrics and Gynecology (abog.org). Then you'll need to check whether the doctor is part of your current health insurance plan, research the doctor's credentials and office hours and factor in convenience, such as how far the doctor's office is from your home or whether the doctor practices in the hospital you prefer for delivery.



Here's what to ask the doctor or office staff:

- **How long have you been practicing** obstetrics and how many births have you attended? How many do you typically attend in a month?
- **How can I get in touch with you** if I have a concern? Are some questions handled by email or a nurse practitioner?
- **If the doctor is in solo practice**, who covers when the doctor is not available? If the doctor is in group practice, what percentage of his patients does he deliver each month? How often will my prenatal appointments be handled by other doctors in the practice?
- **What will be covered** during prenatal visits and how much time do you allow for a visit?
- **What is your philosophy** on pregnancy care, labor and birth? Which prenatal tests do you routinely recommend? Does your practice include midwives?

- **Will your practice** make every effort to follow my written birth plan, unless there is an emergency?
- **Does your practice** or hospital policy limit who can be in the room with me during labor and birth?
- **During labor**, do you encourage natural child birth? What do you recommend for pain relief?
- **If an emergency C-section** is needed, who will perform it? Is an anesthesiologist available if there is an emergency? What percentage of your patients have C-sections or complications during delivery that require surgery?
- **Will my baby** be in the room with me throughout my hospital stay?

(And 5 to Ask Yourself)

After the visit, ask yourself:

- **Was the** office clean and professional?
- **Was the** staff efficient and attentive? How long did you wait to see the doctor?
- **Does the** doctor share your philosophy about prenatal care and childbirth?
- **Did the** doctor really listen to your concerns or did the interview feel hurried?
- **Is there** anything about the doctor or the medical practice that makes you uncomfortable?

All About BABY

12-24
hours

Length of the average
labor for a first birth.
Labor is typically shorter
(8-10 hours) for other births.

126,130

Number of births in Georgia

ABCs OF SAFE SLEEP: Put your baby to sleep alone, place your baby on her back, and ensure your baby's sleep space is clear.

For the first
six months,
all your baby
needs is
breastmilk or
formula.

19,820

Number of
obstetricians/
gynecologists
in the U.S.

One
pound
a week

How much
weight
expectant
mothers
typically add
during their
last trimester.

By 3-4 months,
most babies
can focus on
a variety of
smaller objects
and tell the
difference
between colors.

Sources: marchofdimes.org; bls.gov; healthychildren.org; strong4life.com; themothertobabycenter.org; my.clevelandclinic.org

Robinette King, MD



Dr. Robinette King is dedicated to providing exceptional, compassionate care to women at every stage of their lives. As the lead physician at The OB/GYN Clinic at Southern Regional, she prides herself on spending time with each patient ensuring that she and her team develops a personalized partnership focused on each patients' healthcare journey. For Dr. King and staff, it's all about comfort, confidence, and communication with every patient.

Dr. King received her medical degree from Morehouse School of Medicine, Atlanta, where she also completed her Residency and an Internship in Obstetrics and Gynecology. She also completed a Fellowship in Clinical and Translational Research in Healthcare for Community Providers at Morehouse School of Medicine/Institute for Healthcare Improvement. She earned her undergraduate degree from Albany State University, Albany, Georgia. Board-Certified by the American Board of Obstetrics and Gynecology, she is a member of the American Congress of Obstetricians and Gynecologists.

The OB/GYN Clinic at Southern Regional is committed to personalized high-quality women's health care. The practice is located just off Southern Regional Medical Center's campus in Building 29 and serves the communities of the southern crescent of metro Atlanta. The OB/GYN Clinic's diverse and dedicated team is honored to continue to provide all aspects of women's health for the women in our communities.

The Best Care for You and Your Baby

Bringing a baby into the world is one of life's great joys. At Southern Regional, they work with you and your Obstetrician/Gynecologist (OB/GYN) to provide a caring and comforting environment to welcome your baby.

Whether you're having a high-risk pregnancy or planning for natural childbirth, Southern Regional will provide the best possible care for you and your baby. They offer a full range of services and state-of-the-art technology – from comfortable labor and delivery suites to their OB-ED and Level III Neonatal Intensive Care Unit (NICU) for newborns who need special care.

Let Southern Regional be your hospital of choice when you are expecting.



The OB/GYN Clinic at Southern Regional
29 Upper Riverdale Road, SW, Suite 230, Riverdale 30274
770-268-6010 • southernregionalpmg.org

The OB/GYN Clinic
 **Southern Regional**
Physicians Management Group, LLC

ATLANTA PARENT'S
**MOM-APPROVED
DOCTORS**

ATLANTA PARENT'S MOM-APPROVED DOCTORS

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

OBGYNs

Almquist, Laura Dopson, MD

Atlanta Obstetrics & Gynecology Associates, Atlanta

Anderson, Keisa, MD

North Atlanta OBGYN, Atlanta, Marietta and Alpharetta

Ashong, Desiree, MD

Emory Women's Center at Johns Creek, Johns Creek

Aspuru, E.J., MD

Northside Northpoint OB-GYN, Atlanta and Alpharetta

Barrett, Robert, MD

Cherokee Women's Health Specialists, PC, Canton and Woodstock

Bassil, Christopher, MD

Obstetrics & Gynecology of Atlanta, four Atlanta locations

Bonk, Catherine M., MD

Atlanta Gynecology & Obstetrics, Decatur and Lilburn

Butts, Elisheba, MD

Piedmont Physicians Obstetrics and Gynecology, Stockbridge

Caceres, Hector, MD

Tanner Healthcare for Women, Villa Rica

Cherry, Colleen, MD

North Atlanta OBGYN, Atlanta, Marietta and Alpharetta

"Dr. Camille Davis-Williams of Greater Atlanta Women's Healthcare makes sure she listens and that you are heard; all your needs are met with care and compassion."
Carolyn S. / Atlanta

Clay, Kawami, MD

Peachtree Women's Clinic, five Atlanta locations

Conatser, Robbie, MD

Northside Northpoint OB-GYN, Atlanta and Alpharetta

Couvreux, Shannon, MD

Tanner Healthcare for Women, Carrollton

Davis, Ryan, MD

Tanner Healthcare for Women, Villa Rica

Davis-Williams, Camille, MD

Greater Atlanta Women's Healthcare, Atlanta

Dodder, Michelle, MD

North Atlanta OBGYN, Atlanta, Marietta and Alpharetta

Eaton, Lakisha, MD

Greater Atlanta Women's Healthcare, Atlanta

Fairbrother, Genevieve L., MD

Obstetrics & Gynecology of Atlanta, four Atlanta locations

Fisch, Jacqui, MD

Atlanta Obstetrics & Gynecology Associates, Atlanta

Fryman, Julie, MD

Peachtree Women's Clinic, five Atlanta locations

Gandhi, Anita M., MD

Kaiser Permanente Townpark Medical Center OBGYN, Kennesaw

Gandhi, Peahen, MD

Cherokee Women's Health Specialists, PC, Canton and Woodstock

Grilliot, Jill Megan, MD

Tanner Healthcare for Women, Carrollton

Grogan, Stephanie S., MD

Peachtree Women's Clinic, five Atlanta locations

Haley, James, MD

Cherokee Women's Health Specialists, PC, Canton and Woodstock

Hall, Sekeyta, MD

Wellstar South Cobb OBGYN, Austell

"Dr. Anna Rybka of Atlanta Women's Obstetrics & Gynecology is invested in your specific situation and takes the time to explore your needs. I would highly recommend her to anyone."
Chloe C. / Atlanta

Holloway, Keri, MD

Peachtree Women's Clinic, five Atlanta locations

Ibezue, Ijeoma, MD

Greater Atlanta Women's Healthcare, Atlanta

Jeffers, Sarah, MD

Atlanta Obstetrics & Gynecology Specialists, Atlanta and Alpharetta

Jewell, Christopher, MD

Carrollton Obstetrics and Gynecology, Carrollton

Johns, Charity, MD

Peachtree Women's Clinic, five Atlanta locations

Johnson, Valerie, MD

Atlanta Obstetrics & Gynecology Specialists, Atlanta and Alpharetta

King, Robinette Hall, MD

Southern Regional OB/GYN, Riverdale

Kleiss, Kimberly, MD

Piedmont OB-GYN, Atlanta

Lankford, Whitney, MD

Greater Atlanta Women's Healthcare, Atlanta

Levenson, Tressa, MD

Atlanta Obstetrics & Gynecology Specialists, Atlanta and Alpharetta

Cont'd on next page

ATLANTA PARENT'S
MOM-APPROVED
DOCTORS

Litrel, Michael, MD

Cherokee Women's Health Specialists,
PC, Canton and Woodstock

Mandeville, L. Dawn, MD

Atlanta Gynecology & Obstetrics,
Decatur and Lilburn

Manetta, Kiley, MD

Peachtree Women's Clinic, five Atlanta locations

McLeod, Lisa, MD

Cherokee Women's Health Specialists,
PC, Canton and Woodstock

Oates, Kristin D., MD

Atlanta Gynecology & Obstetrics,
Decatur and Lilburn

Phillips, Pushpa Liseli, MD

Cherokee Women's Health Specialists,
PC, Canton and Woodstock

Price, Lisa, MD

Dunwoody OBGYN, Dunwoody

Rybka, Anna Y., MD

Atlanta Women's Obstetrics & Gynecology,
Atlanta

Schapiro, Lillian, MD

Ideal Gynecology, Atlanta

Shelton, Emily, MD

Tanner Healthcare for Women, Carrollton

Smith, Yvette, MD

Atlanta Obstetrics & Gynecology Specialists,
Atlanta and Alpharetta

Stafford, Jade, MD

Emory University Hospital Midtown Campus,
Atlanta

Stanfill, Tiffany, MD

Tanner Healthcare for Women, Villa Rica

Stone, Ansley, MD

Cherokee Women's Health Specialists, PC,
Canton and Woodstock

Turney, Emily, MD

Tanner Healthcare for Women, Carrollton

Vanoyan, Mimi, MD

Atlanta Obstetrics & Gynecology
Associates, Atlanta

Williams, Jennifer M., MD

Piedmont OB-GYN, Atlanta

Williams, Rebecca, MD

Maternal Gynerations,
Lawrenceville and Dacula

Wyatt-Hathaway, Juanita, MD

Atlanta Obstetrics & Gynecology
Specialists, Atlanta and Alpharetta

Zeller, Joan, MD

Tanner Healthcare for Women, Carrollton

FERTILITY SPECIALISTS

Best, Monica W., MD

Reproductive Biology Associates,
five Atlanta locations

Brahma, Pavna, MD

Shady Grove Fertility, four Atlanta locations

Dudley, Paul S., MD

Pinnacle Fertility, Atlanta

Fru, Karenne, MD

Muna Fertility, Sandy Springs

Gay, Steven, MD

Shady Grove Fertility, four Atlanta locations

Kanter, Jessica R., MD

Shady Grove Fertility, four Atlanta locations

Katler, Quinton, MD

Shady Grove Fertility, four Atlanta locations

Lewis, Erin Ilana, MD

Reproductive Biology Associates,
five Atlanta locations

Libby, Valerie, MD

Shady Grove Fertility, four Atlanta locations

**"Christine Taylor, CMN,
of Birth By Grace Midwifery
Services**

provided the best
care I could have asked for.
My birth with my daughter
was exceptional because of her!"
Micyala C. / Newnan

McCarthy-Keith, Desireé, MD

Shady Grove Fertility, four Atlanta locations

Namnoum, Anne Brawner, MD

Shady Grove Fertility, four Atlanta locations

Rubin, Jessica R., MD

Reproductive Biology Associates,
five Atlanta locations

Shapiro, Daniel B., MD

Reproductive Biology Associates,
five Atlanta locations

Slayden, Scott M., MD

Reproductive Biology Associates,
five Atlanta locations

Toledo, Andrew A., MD

Reproductive Biology Associates,
five Atlanta locations

MIDWIVES

Battaglia, Taylor, CNM

Cherokee Women's Health Specialists, PC,
Canton and Woodstock

Dymond, Cat, CNM

Atlanta Birth Center, Atlanta

Fischels, Susan, CNM

Cherokee Women's Health Specialists, PC,
Canton and Woodstock

Onyeije, Nwaozichi, CNM

Greater Atlanta Women's Healthcare, Atlanta

Ragan, Carson, CNM

OB2me, Roswell

Taylor, Christine, CNM

Birth By Grace Midwifery Services, Tyrone

Shady Grove Fertility



Congratulations to Dr. Pavna Brahma, Dr. Steven Gay,
Dr. Jessica Kanter, Dr. Quinton Katler, Dr. Valerie Libby,
Dr. Desireé McCarthy-Keith and Dr. Anne Namnoum!

SGF is the largest fertility practice in the U.S. and is led
by physicians who continually find ways to make treatment
more affordable and accessible through guarantee programs
such as the Shared Risk 100% Refund Program. All of the
SGF Atlanta fertility specialists are Mom-Approved and
committed to helping their patients build families!



shady grove fertility

Sandy Springs, Buckhead,
Marietta and Alpharetta

404-843-2229

shadygrovefertility.com



Anna Rybka, M.D.



Dr. Anna Rybka is a highly skilled and compassionate physician who brings a wealth of expertise and a warm, personalized approach to women's health. With a deep commitment to providing comprehensive care, she is excited to welcome new patients to Atlanta Women's Obstetrics & Gynecology!

Married and the proud parent of two delightful "dawgters," Dr. Rybka embraces a vibrant life outside of medicine. Her passions span various interests, from exploring new destinations through travel to relishing in the beauty of the outdoors. In her quieter moments, she finds solace and creativity in the art of needlepoint and the practice of Pilates.

Dr. Rybka has a genuine love for the OB/GYN specialty. She finds joy in forming meaningful relationships with her patients. Helping women navigate their healthcare through each stage of life is not only her professional duty but a source of immense personal fulfillment.

As "women proudly caring for women," Atlanta Women's Obstetrics & Gynecology has provided exceptional patient care to the Atlanta community for over 40 years. With her six partners—Cyd Williams, MD, Vanessa Biggs, MD, Gabriela Siegel, MD, Alice Hood, MD, Holly Sternberg, MD, and Kira Clement, MD — Dr. Rybka continues this legacy.



275 Collier Road NW, Suite 230

Atlanta 30309

404-352-3616

www.awog.org



Genevieve Fairbrother, M.D. & Christopher Bassil, M.D.



Obstetrics and Gynecology of Atlanta has been a trusted leader in women's healthcare for nearly 60 years — committed to provide compassionate, personalized care throughout every stage of life. Their award-winning, board-certified team provides a wide range of services, from well-care visits to advanced surgical procedures, high-risk pregnancy management, and in-house screenings.

Dr. Fairbrother, a renowned specialist in minimally invasive and robotic surgeries, has been recognized as a Top Doctor since 2014. Her leadership as CEO of Atlanta Women's Health Group — a consortium of prestigious ob-gyn practices — underscores her dedication to excellence in healthcare. She continues to balance her executive role with hands-on patient care, ensuring that her expertise benefits both individual patients and the broader medical community.



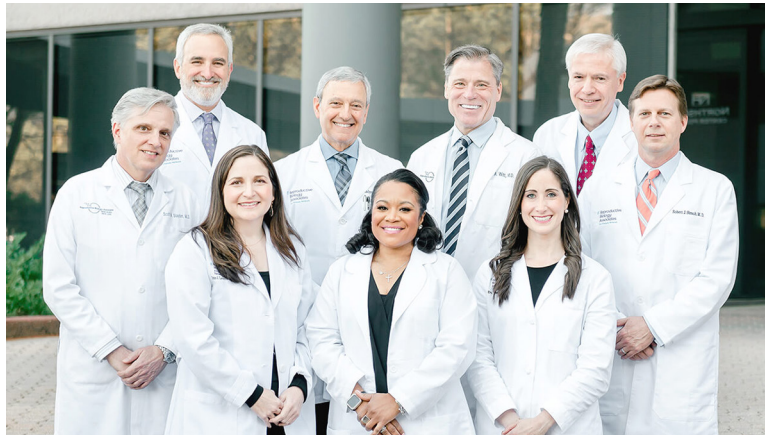
Dr. Bassil, an expert in pelvic floor disorders and minimally invasive surgery, blends a holistic approach with cutting-edge medical care. With a deep focus on the mind-body connection, Dr. Bassil emphasizes the importance of mindfulness and neuroplasticity in achieving overall wellness. His compassionate and thorough approach has earned him a reputation for making patients feel empowered and supported throughout their care.



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Reproductive Biology Associates



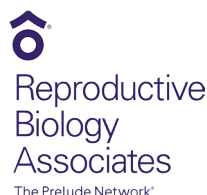
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By age 21, women should get an annual pelvic exam and Pap smear with an OB/GYN. Depending on your results, you may not need another Pap smear for three years. You may also want to test for human papillomavirus, or HPV. HPV is the most common sexually transmitted infection and can cause several types of cancer, even though you may not have any symptoms. Your OB/GYN may also recommend monthly self-breast exams.

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Adding a yearly mammogram at this stage (or sooner, if advised) is important. Modern mammography programs can reduce breast cancer mortality by more than 40%. Wellstar has 14 mammography locations and offers 3D mammograms, which can help detect breast cancer at early stages when it's easier to treat.



MAINTAIN YOUR HEALTH AND WELLNESS IN YOUR FIFTIES AND BEYOND

In your 50s, it's still important to maintain your relationship with your OB/GYN and continue with your annual pelvic exams and mammograms. Since hormone changes can lead to osteoporosis, post-menopausal women should also consider a bone mineral density test.

Learn more about women's health services at Wellstar at [wellstar.org/womenshealth](https://www.wellstar.org/womenshealth).

The Scoop

by Tali Benjamin

When you find out you're having a baby, there is so much to think about. Once baby arrives, there are even more things to consider — all while adjusting to being a parent to this new arrival. The internet can be a helpful tool for ideas on what to buy and what to do, but sometimes it can be hard to discern what might really work based on online reviews. We asked Atlanta moms Elizabeth Blakemore, Helen Bailey and Jordan Lisvosky to share their knowledge.



Jordan Lisvosky

About the Moms

- **Elizabeth Blakemore** lives in Cherokee County. Her four kids range in age from 12 years to 10 months.
- **Helen Bailey** lives in Kennesaw. She has two children, ages 3 years and 3 months.
- **Jordan Lisvosky** is a first-time mom to a 14-month-old. They live in Tucker.

New Atlanta Moms Share Their Top Product Picks, Places to Go With Baby, Advice and More!

Favorite Mom Products

The game changer, absolute favorite product this go around with a newborn is the Willow 3.0 wearable breast pump. It allows me to pump while driving, working, cooking, and just generally being active. It's amazing, and I use it as my primary pump now. I mainly pump and then she takes bottles of that milk. I own my own business, and I'm gone from home a lot of the time, so this allows my baby to be breastfed technically without me being tied down to physically nurse her. -EB

Bodily is a great brand. I particularly recommend the Bodily All-In Panty, especially for C-section moms, their nursing bras and Lactation Latte. -HB

Sound machine! Sleep train yourself as well as the baby with the sound machine. Something that helps with this is also a remote-control outlet plug. It makes turning on a sound machine or light so much easier when rocking and snuggling. -JL

Skin and Senses Fearless Mama Pregnancy Kit for stretch marks. -HB

Favorite Baby Products

When it comes to high chairs, the Fisher Price Space Saver High Chair is great if you have limited space because it fits onto a chair at your table so you aren't adding an extra seat. The Inglesina Fast Table Chair for restaurant dining is also fabulous. -HB

For both my 2 year old and 10 month old, the BabyFeedTimer app is a game changer. My husband, our nanny, and I all have it on our phones. We can track each child's sleep times, diaper changes, bottles, food intake, any medicine. I can track my pumping sessions and number of ounces. It's great, and it helps us all know where each child is in their schedule no matter who has been caring for the kids that day. -EB

When babies are a little older, the Re-Play No Spill sippy cups are the best! They are made from recycled milk jugs and seriously do not spill. Plus, they are also only \$6.50 each. -HB

There are a few products that we love.

- **The Halo swaddle.** Great for keeping her calm and asleep.
- **Avent Smoothie pacifier.** We tried a few and she loved this one the most!
- **MindWare Sensory Sprouts Tissue Scarf Box.** She still plays with it.
- **Nuby vibrating teether.** It helped her when teething or even just to bite on.
- **A bib with catcher pocket.** It's great for cleaning up at mealtime. -JL

When it comes to bottles, everything Dr. Brown's. -HB

Double Bob Jogging Stroller. It's been great to take both babies on walks or my husband will go running with it. Definitely an investment, but worth it instead of using two strollers every time we are out. -EB

Top Spots to Go with Baby in Atlanta

In addition to libraries, I love the Children's Museum of Atlanta. It has a great area for babies in addition to areas for older children, so it's ideal if you have multiple kids. The Southern Museum in Kennesaw has a great mom-and-me program, a play area for kids and babies, and a giant train. They also have great specialty days with lots of model trains. -HB

Everywhere! Don't be afraid to get out of the house. It doesn't have to be a kid-focused place. The grocery store, a restaurant, your errands, et cetera. Yes, it's more work, but it gets you out and lets baby experience more of the world around them. -JL

Unfortunately, I am so busy running my big kids around I don't take the baby many places on her own. Back in the day, we loved indoor play spaces like Catch Air. -EB



Elizabeth Blakemore

Best Advice I Got

It's OK to tell someone "no" if it doesn't align with your new schedule, rules, or parenting style. -JL

A myriad of practical pieces of advice that have been so helpful:

- **Don't buy clothes without snaps** or zippers for easy-to-change diapers.
- **Get a faucet cover for bath time.** Eventually, they will play in the tub and bump their heads on a faucet. You would rather have it and not need it than need it and not have it.

Cont'd on next page



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New Atlanta Moms Share Their Top Product Picks, Places to Go With Baby, Advice and More!



- **Buy Aquaphor in bulk.** It helps just about any skin ailment, cut, rash, bump or dry patch.
- **Read to your baby early and often.** Even if you think they are too little, start reading early. -HB
- **Truly disconnect from work** and connect with your new family unit on your maternity leave. Which is hard! I love multitasking but realized that time is short and soon you'll be right back in the trenches of work. -JL
- **Book Santa photos early!** Lots of photographers open their signups in the summer. -HB
- **Breastfeeding tip that is so important** – see a lactation consultant! They have tips and tricks that will help. Find someone to talk to that can see what is going on and show you how to make it work better. If it hurts, it's likely something isn't right. -JL

Advice I Want to Share With Others

Go to the All4Kids Sale in Marietta or Woodstock. They happen in March and August and are incredible consignment sales in Atlanta. We buy so many Christmas gifts, birthday gifts, baby products, items and more at these sales. Everything is in great condition for a fraction of the price. -HB

My biggest advice as a mom of four is to get your baby on a schedule so that you can live your life and have a little bit of sanity. And I believe it's best for the baby, too. We do the Eat, Play, Sleep schedule and our baby is currently in a 3-hour rotation during the day, with a longer afternoon nap. Yes, there are some days the routine has to change, but in general it helps her temperament and the general mood in the house to have that structure. -EB

Don't wait for perfect moments, professional photos or even someone to take photos of or for you. Take all the pictures! -JL

Everything is temporary. Good, bad or ugly, nothing lasts. So try to enjoy the stage you are in because it will be gone before you know it. -HB



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nurtureatlanta.org



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The American Academy of Pediatrics recommends swim lessons for all children starting at age 1, but you can teach a baby as young as four months. Swim lessons can help with drowning prevention and teach lifesaving skills as children learn how to be safe in and around the water.

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The MOM Network

by Emily Webb

They say it takes a village to raise a child. Our world is more connected than ever, but it can be hard to cultivate authentic friendships, especially if you're entering a new phase of life. As a parent, how do you find your village? These groups around Atlanta make it easier to connect with other moms and caregivers by offering classes and programs designed for the entire family.

Nurture / nurtureatlanta.org

An initiative of The Davis Academy, Nurture provides special programming to support families with young children. The Mini Cubs program caters to families with newborns to age 2, and Cub Club is for ages 3-5.

"Families thrive when they have a support network. Grounded in Jewish values, Nurture welcomes families of all backgrounds to participate and discover valuable, local caregiver resources," says Amy Helman-Darley, the Outreach and Engagement Manager. "Nurture events and series seek to help families with children at similar ages and stages deepen their Jewish identity, connect with one another, and feel supported as they navigate the wonderful, yet sometimes complicated journey of raising children in today's world."

Professionals across areas of child and family development serve on the Advisory Council. Costs vary across events, but there are also free opportunities.

"Each program is developed with a lot of intention and attention to detail. From the moment families walk through the door, we strive to create a space and experience that is comforting, inclusive and leaves the parent and child with a meaningful experience," Helman-Darley says.

Laura Silverstein began attending classes with her daughter when she was 8 months old; she is now 2. "I love watching my daughter sing, dance, play and create with other babies. It's been such a surprise on my journey in motherhood how wonderful relationships with other moms and their babies are and how much we all need each other. Nurture has made meeting other moms easy. Motherhood is amazing but also can be a big adjustment. Being surrounded by mamas who are also feeling the same way is so comforting. We need each other through life's ups and downs to celebrate and support one another."



The Bunny Hive / thebunnyhive.com

Friends Brittany Schmid and Katy Doar had their babies around the same time, but they had trouble relating to other moms. At mommy and me classes in their new cities, there was no way to connect to the adults who attended them.

The pair co-founded The Bunny Hive, a social club for children and adults, in Atlanta in 2019. In a space designed for learning, playing and socializing, classes take place six days a week.

"Brittany and I had the grown-up experience top of mind," says co-founder and President Doar. "Our curriculum is interlaced with icebreakers and different things to help families to get to know each other."

Classes include Sensory, Culinary Exploration, Learning Lab and more. Now, the franchise has locations in Roswell, Smyrna and Peachtree City.

"We focus on a sense of community and well-being for new parents," says co-founder and CEO Schmid. "Every stage of early childhood has challenges, so it's important to connect with other new parents, especially those with postpartum depression or anxiety."

Creating kinship with other parents keeps new moms from feeling lonely.

"The reason we created this concept is there is such a feeling of isolation in parenthood," Doar says. "You have a new identity, but you might not have support. We know what needs are in the community, and we meet them."

Participant Carolyn Conforti agrees. "They are always using customer feedback to evolve into new ideas. The world is such a lonely place these days, and our modern world isn't designed with moms in mind. Having a community makes motherhood feel a little less daunting and a lot more fun."

Bailey Jones was a founding member when her first son was born, and she still participates with her third son, who is 7 weeks old. "While motherhood is so beautiful and rewarding, it is also hard and exhausting and, sometimes, lonely. We may parent differently, but we're on the same journey together, and a positive sense of community makes that a lot more enjoyable."

Photo by Heather Etheridge





CircleMoms / circlemoms.com

In 2022, Ashley Gotlieb had her first child and wanted to find mom friends nearby. On Instagram, she saw a CircleMoms post about an Atlanta launch, and Gotlieb became the Atlanta City Lead that June when her daughter was 6 months old.

CircleMoms is for moms in their fourth trimester — the first three months after birth. Led by doulas specializing in maternal health, the Circle series helps create lasting relationships with other moms.

"During the first session, participants get to know each other, and ask any questions they have to their postpartum doula. Many moms are first-time moms, but many are not. The series is 100% conversational, and many moms will share advice alongside the doula," Gotlieb says.

Megan Elgort participated in CircleMoms in March. "In a big city like Atlanta, I had no idea where to begin, so when I came across CircleMoms, I was immediately intrigued. When I learned more about the structure of the Circles, the dedicated doula and resources specifically focused on newborns and postpartum, I was sold. Plus, it gave me something in my schedule to get out

of the house."

Each week of the series, moms meet with their doula and Circle for topics relevant to the well-being of mama and baby.

"Meeting new people and getting to know them can be intimidating, especially when your whole world has changed overnight," Elgort says. "Knowing there was a specialist scheduled each week or a specific topic for the group to discuss made the threshold for meaningful connection lower. I love the online community and road map CircleMoms offers."

Other events for families include playtime parties and Milestone Classes. "The moms are encouraged to get together," Gotlieb says. "We continue building community, and we have events for our alumni!"

"Motherhood can be an intense journey, full of unique challenges and beautiful moments, and connecting with other moms creates a sense of community," says founder Brittany Forman. "CircleMoms offers a space to share experiences, seek advice and gain reassurance that you're not alone in this amazing, scary and transformative time."

MESH moms / meshmoms.com

Even for mamas who have experienced motherhood before, a group can be beneficial.

"I never realized I needed a mom community until I found one when my fourth child was born," says MESH moms co-founder Martina Stellmaszek. During the pandemic, her family temporarily relocated. "When I moved to the West Coast, in my 40s and pregnant with my fourth baby, I was skeptical about joining a mom's club. I feared I wouldn't have much in common with the other women, but I was completely wrong. I got to know amazing women from diverse backgrounds, and I learned something new every day. The experience of being surrounded by supportive moms was a revelation compared to my earlier pregnancies and postpartum months."

After her experience, Stellmaszek wanted to bring a similar concept to Atlanta.

"We wanted to create for new moms in Atlanta what we had been missing: a network that brings moms together to share their experiences and find the support they need," says co-founder Juliana Caspari. "Motherhood is challenging enough. No one should have to go through it alone."

Started in July 2023, this membership-based group focuses on pregnancy and early childhood. Activities include playdates, parent education and adults-only social gatherings. Postpartum Pods offer a small group learning experience in the three months after birth and are led by a doula. Members also have access to a private online platform and WhatsApp groups.

"Our goal is for our members to make new friends with moms who are in the same stage of life. The cornerstone is our age-based playgroups that gather for stroller walks, coffee dates, park hangouts for babies and playground



meetups for older kids," Stellmaszek says. "Members can exchange birth preparation plans, tips for weaning, potty training and more — all with a spirit of solidarity and always free of judgment."

A Google search led Margaret Van Valkenburg to MESH moms, which she joined in January. "I love the educational events MESH moms hosts. Subject matter experts host events centered around important topics in early childhood. MESH moms also hosts classes focused on supporting moms around important topics, such as mom guilt, balancing careers and family financial planning."

Cont'd on next page

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The MOM Network



FIT4MOM / northatlanta.fit4mom.com

FIT4MOM provides an opportunity for moms to bond while working on their fitness. Founded in San Diego in 2001, the North Atlanta franchise offers class locations in the metro area.

After having her first child in 2015, Rebekah Murphy quit her career to stay home with her son. She loved outdoor boot camp workouts but didn't feel comfortable leaving her new baby in a gym daycare. She discovered FIT4MOM through a Google search, and in 2023, she became the new owner. "I raised three babies in this community. FIT4MOM had become synonymous with motherhood for me," she says.

Breaking out of feeling isolated can be an important part of joining a mom group.

"FIT4MOM has provided a community of strong-willed, powerful and encouraging moms who come together daily to support each other in all walks of life," says participant Amanda Stratton.

Workouts are created by moms, for moms with pre and postnatal health, wellness and fitness programs, such as Stroller Strides, Body Well, FIT4BABY, Stroller Barre and more. The structure of the program allows moms to bond over a shared activity.

As a new mom, Sarah Roberts wasn't returning to work. "I desired the community I thoroughly enjoyed as a teacher. I was a seasoned teacher but a totally inexperienced first-time mom. I longed for veteran wisdom and sincere friendship. FIT4MOM provided instant community when I was warmly welcomed by the instructor during my first class when my son was 8 weeks old."

Physical well-being plays an important role in mental and emotional health.

"The overall happiness and health of a family originates from a mom. When a mom has

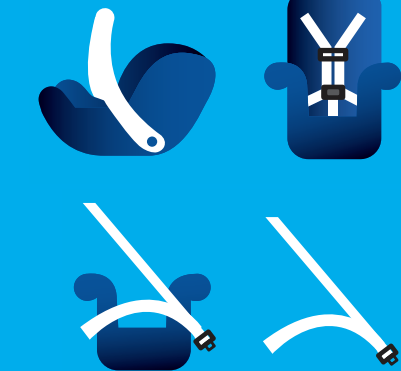
the support and community she needs for her unique motherhood journey, her mental health is improved," Murphy says. "With FIT4MOM, women not only receive tremendous mental and physical health and fitness benefits, but perhaps, more importantly, a village and a support system."

Jennifer Jakob-Barnes joined FIT4MOM in early 2015 after her first baby was born, and three kids later, she still attends classes. She loves that children get to see the value of exercise. "It's a benefit for moms and children. The time is important for your child, especially young ones, as they're getting to interact with others, even if they're just watching older children."

Establishing relationships is especially important for parents who may not have any other family in the area, like Hannah Rose, who joined FIT4MOM in fall 2021. "I don't know what I would have done when we had our second child. With my parents two hours away, I didn't have to worry about my oldest when I went into labor in the middle of the night. I knew I could call one of my best friends, a FIT4MOM friend, and trust her with my daughter for as long as we needed."

Relationships with fellow moms can help a new mom manage her expectations about the joys and challenges of motherhood.

"Whether it's having a fellow mom to text during middle-of-the-night newborn feedings for solidarity or a friend to share in the excitement of your baby's first steps, it completely changes the game when you have a community of fellow mothers supporting and cheering you on every step of the way," participant Marybeth Marlow says. "Moms need a community because nobody was meant to do motherhood alone. When a baby is born, a mother is, too."



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MESH MOMS BUILD CONNECTION AND COMMUNITY

MESH moms provides in-person support and resources to new and expecting moms. As an alternative to the many virtual-only mothers' communities, MESH moms offers a range of activities and events, including playgroups organized around children's ages and educational workshops on topics such as breastfeeding, sleep training, and postpartum mental health. Members also have access to a private online community and WhatsApp chat groups where they can connect with other local moms to connect, share advice and receive support. In addition, MESH moms offers Postpartum Pods which are led by a Postpartum Doula and provide a small group learning experience for support and connection in the three months after birth.



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Building Baby's Library

by Jan Pierce

Educators tell us that every child needs to hear five hundred books read aloud to them before entering kindergarten. Hearing all those stories prepares boys and girls for learning to read. They'll pick up important "book knowledge" such as concepts of words and sentences, left to right orientation, top and bottom, the beginning, middle and end of a book and much more. They'll learn to enjoy book language which is different from everyday speaking. They'll move and bounce to the rhythms of words; they'll learn to love characters who do silly things; and they'll giggle at funny pictures. They'll learn there are books about virtually everything in the world.

They'll learn something else from hearing their parents and other significant people in their lives read to them — they'll learn to love reading. Since one of the primary indicators of success in school is learning to read, parents are wise to pour themselves into building baby's love of and immersion in books. Many medical professionals believe children can even begin to enjoy language and music before they're born. It's never too early to read aloud to baby.

Given the importance of baby's exposure to good books, let's explore the kinds of books to put into your family's library. The benefits of board books for babies are many. They're usually small enough for little hands to hold easily. The pictures are simple and clear and the print is large. The heavy, durable quality of the paper means the books will last through hundreds of readings and can even survive an inadvertent dip in water or a few nibbles from baby's teeth. In addition, they are age-appropriate for baby — not too difficult in language and topic.

Know the Classics

When it comes to books for baby, there are some classics you just don't want to miss. Anything by Eric Carle will delight babies. "The Very Hungry Caterpillar" or "The Very Busy Spider" are just right for exposure to beautiful pictures and a simple story. Margaret Wise Brown's "Goodnight Moon," Mem Fox's "Hello Baby" and Bill Martin books, so full of rhythm and rhyme, are also classics. Bill Martin's "Chicka Chicka Boom Boom" and his collaboration with Eric Carle on "Brown Bear, Brown Bear" are two selections that should be on every baby library shelf. Other popular titles include "Pat the Bunny" by Dorothy Kunhardt and "The Snowy Day" by Ezra Jack Keats.

There are books written for the purpose of exposing baby to specific topics or skills. The Baby Gym Books by Sanja Rescek introduce the five senses in titles such as "Wiggle and Move" and "Calm and Soothe." My Little Quiet Books by Pockets of Learning teach baby beginning concepts of color, counting and opposites. The "Baby Sees" series by Chez Picthall, for babies six months and younger, introduce visual stimulation through high-contrast images in black and white and in bold colors.

Skill Building

In addition to the sheer pleasure of hearing books read aloud, babies also love the cuddly closeness of sitting with their readers. They'll learn to point to certain objects and characters. In fact, there are lots of books for babies and toddlers meant specifically for building recognition of shapes, colors, objects, parts of the



Best Books to Choose for Babies

- Choose sturdy board books or washable cloth or vinyl books.
- Choose bright colors and simple pictures on solid backgrounds.
- Babies respond to rhythm in language and simple rhymes.
- Babies enjoy seeing pictures of familiar objects such as animals, food or clothing.
- Babies love stories about the things they do such as eating, taking a bath or going to sleep.
- Babies like repetition. They like books with repeated words or phrases.
- Babies like to touch a variety of textures and help to turn pages in a book.
- Babies love to read homemade books with pictures of their family members.

body, familiar animals and the like. The skill of hearing the name for an object and then finding it on the page is not only a book skill, it's also related to beginning math skills such as sorting objects into categories.

Many books for babies and toddlers will build skills. Color recognition, shape recognition and learning to count are early skills necessary for success in school activities later on. The subtle skills of noticing the emotions of characters, the action of a story and lessons learned will also set the stage for later reading comprehension skills.

Quality books for your baby are the building blocks of future literacy. Your efforts to make books available and your time spent reading aloud to your baby will be rewarded many times over when it comes time for your child to become an independent reader.

Free Toddler Fun

These toddler-friendly spots offer a great time without breaking your budget, which means you can enjoy them week after week. Plus, most neighborhoods offer their own finds in each category, so you don't have to drive far to have some serious toddler fun.



Dunwoody Nature Center

■ Playgrounds

Many Atlanta-area playgrounds have separate areas for toddlers to play, shaded covering and shock-absorbing mats. A few to check out: Brook Run Park playground (Dunwoody), Kenwood Park Playground (Fayetteville) and Kidscape Village Playground (Smyrna).

■ Splash Pads

On a hot day, toddlers love to splash (and burn off excess energy!) at a splash pad or fountain. Check out the splash pads at The Battery Atlanta, Legacy Fountain at Piedmont Park and the Duluth Town Green Fountain.

■ Storytelling

Many neighborhood bookstores offer story times, including Little Shop of Stories in Decatur, Foxtale Bookshop in Woodstock, Avalon in Alpharetta and Barnes & Noble in Buckhead. Check your local library branch for toddler story times.

■ Nature Centers

Admission is free at the Dunwoody Nature Center, where you can explore the trails and play on the kids' playground. Explore the woods at Morningside Nature Preserve and see a variety of animals at Autrey Mill Nature Preserve.

■ Trains

Train-loving toddlers can explore the Southeastern Railway Museum; admission includes a train ride (Duluth, train-museum.org). At the Southern Museum for Civil and Locomotive History, see the General Locomotive and explore more train-related artifacts (Kennesaw, southernmuseum.org).

■ Fire Trucks

Check out fire-fighting equipment at the Marietta Fire Museum (mariettaga.gov/189/fire-museum) or Roswell Fire Museum (roswellgov.com); both are open for self-guided tours.

More Places to Play

Visit the Decatur Toy Park for a great selection of tot-sized slides, push toys and trikes; mall play areas a great places to burn off energy — two to try are the Mall of Georgia in Buford and Town Center at Cobb in Kennesaw.



Decatur Toy Park

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Atlanta PARENT

MOM-APPROVED DOCTORS

Parents are choosy when it comes to medical care for their children. *Atlanta Parent* asked readers – moms and dads like you – to nominate pediatricians they would recommend. We wanted to know what makes your child's doctor special and you told us.

PEDIATRICIANS

Acharya, Vandita, MD

CentreSpringMD, Atlanta and Johns Creek

Akinsola, Adebayo, MD

BayBol Pediatrics, Chamblee and Lawrenceville

Arora, Vijay, MD

Lilburn Pediatrics, Lilburn

Avery, Rashida, MD

Intown Pediatric & Adolescent Medicine, Atlanta, Brookhaven and Decatur

Babcock, Laura, DO

Gwinnett Pediatrics & Adolescent Medicine, four metro Atlanta locations

Bataille, Fredly, MD

Intown Pediatric & Adolescent Medicine, Atlanta, Brookhaven and Decatur

Dr. Fose is warm and gracious; she takes plenty of time with her patients and is easily accessible after hours.

– *Jordan B.*

Belhareth, Samira Hafsa, MD

Zaman Pediatric, Snellville

Berenson, Gloria Ana, MD

Dunwoody Pediatrics, Dunwoody and Alpharetta

Bhatia, Taz, MD

CentreSpringMD, Atlanta and Johns Creek

Blackington, M. Rebecca, MD

Roswell Pediatric Center, Alpharetta and Cumming

Bowman, Catherine B., MD

Roswell Pediatric Center, Alpharetta and Cumming

Brown, Lauren, MD

Peachtree Park Pediatrics, Atlanta

Burnham, Brian D., MD

Roswell Pediatric Center, Alpharetta and Cumming

Burnham, Robert D., MD

Roswell Pediatric Center, Alpharetta and Cumming

Cabrera, Greg, MD

North Point Pediatrics, Alpharetta

Chegireddy, Nina, MD

Intown Pediatric & Adolescent Medicine, Atlanta, Brookhaven and Decatur

Chheda, Shefali, MD

Harmony Pediatrics, Alpharetta

Chugani, Reshma, MD

Atlanta Children's Clinical Center, Atlanta

Clements, Rebecca B., MD

Preston Ridge Pediatrics, Alpharetta

My children love **Dr. Molock** and are never worried or scared about doctor's visits. She puts them completely at ease.

– *Amanda B.*

Darby, Scott, MD

Gwinnett Pediatrics & Adolescent Medicine, four metro Atlanta locations

Dunagan, Josephine R., MD

Snellville Pediatrics, Snellville

Eaton, Melissa G., MD

Roswell Pediatric Center, Alpharetta and Cumming

Ecklund, David A., MD

Kaiser Permanente Pediatrics-Cumberland, Atlanta

Faroqui, Mahnaz, MD

Gwinnett Pediatrics & Adolescent Medicine, four metro Atlanta locations

Fose, Whitney, MD

Peach Blossom Pediatrics, Woodstock

Gfroerer, Terrence, MD

Dunwoody Pediatrics, Dunwoody and Alpharetta

Gillman, Rachel, DO

Gwinnett Pediatrics & Adolescent Medicine,
four metro Atlanta locations

Goodloe, Adele H., MD

Northside Pediatrics, Sandy Springs
and Woodstock

Gottlieb, Jacquelin, MD

Pediatric Center of Stone Mountain,
Stone Mountain

Griffin, Jamie T., MD

Kaiser Permanente TownPark
Comprehensive Medical Center, Kennesaw

Guthrie, Bridgette D., MD

Roswell Pediatric Center, Alpharetta
and Cumming

Hill, Andrea, MD

Monroe Pediatrics, Monroe

Hughes, Samuel, MD

Dunwoody Pediatrics, Dunwoody
and Alpharetta

Jacobsen, Sara, MD

Gwinnett Pediatrics & Adolescent Medicine,
four metro Atlanta locations

Johnson, Wes, MD

Gwinnett Pediatrics & Adolescent Medicine,
four metro Atlanta locations

Johnson, Yolanda, MD

Gwinnett Pediatrics & Adolescent Medicine,
four metro Atlanta locations

Josephson, Douglas S., MD

Roswell Pediatric Center, Alpharetta
and Cumming

Kelly, Linda, MD

Dunwoody Pediatrics, Dunwoody
and Alpharetta

Klopman, Andrea, MD

Roswell Pediatric Center, Alpharetta
and Cumming

Kubagawa, Homare, MD

Gwinnett Pediatrics & Adolescent Medicine,
four metro Atlanta locations

Lavania, Hiral, MD

One Family Pediatrics, Cumming

Looby, Jennifer R., MD

John's Creek Pediatrics, Suwanee

Lucas, Roberta, MD

Lucas Pediatrics, Roswell

McGlamry, Kate, MD

Northside Pediatrics, Sandy Springs
and Woodstock

Dr. Parbhu listens to
parents and patients to
make sure they feel heard.
The entire care team is
very nice and patient.

– *Akeia E.*

McKinnon, Elizabeth A., MD

Preston Ridge Pediatrics, Alpharetta

Metzig, Natalie, MD

Northside Pediatrics, Sandy Springs
and Woodstock

Molock, Suzanne, MD

Gwinnett Pediatrics & Adolescent
Medicine, four metro Atlanta locations

Morgan, Bakari, MD

PAMPA Pediatrics & Adolescent Medicine,
Marietta, Roswell and Woodstock

Muller-Dale, Stephanie, MD

North Point Pediatrics, Alpharetta

Norwood, Dorsey, MD

Norwood Pediatrics, Atlanta

Parbhu, Beena, MD

Wellstar Pediatrics East Cobb, Marietta

Philip, Tiji M., MD

Northside Pediatrics, Sandy Springs
and Woodstock

Quisling, Yvette, MD

Gwinnett Pediatrics & Adolescent
Medicine, four metro Atlanta locations

Ransom, Lindsey, MD

West Atlanta Pediatrics, Dallas
and Lithia Springs

Reisman, A. Gerald, MD

Dunwoody Pediatrics, Dunwoody
and Alpharetta

Roberts, Lisa, MD

Gwinnett Pediatrics & Adolescent
Medicine, four metro Atlanta locations

Salzberg, Edward S., MD

Roswell Pediatric Center, Alpharetta
and Cumming

Dr. Thomas is very
caring. It's easy to make
appointments and the
staff respond to
messages quickly.

– *Zerene P.*

Sells, Deneta H., MD

Intown Pediatric & Adolescent Medicine,
Atlanta, Brookhaven and Decatur

Shepard, Alejandro, MD

Intown Pediatric & Adolescent Medicine,
Atlanta, Brookhaven and Decatur

Shirazi, Kathy, MD

Gwinnett Pediatrics & Adolescent Medicine,
four metro Atlanta locations

Silverman, Howard W., MD

Roswell Pediatric Center, Alpharetta
and Cumming

Smiley, Susan, MD

Gwinnett Pediatrics & Adolescent Medicine,
four metro Atlanta locations

Smith, Shayna, MD

Flourish Pediatrics, Sandy Springs
and Chattahoochee Hills

Steele, Sharon, MD

Gwinnett Pediatrics & Adolescent Medicine,
four metro Atlanta locations

Stickney, George, MD

Gwinnett Pediatrics & Adolescent Medicine,
four metro Atlanta locations

Stolle, Ashley, MD

Gwinnett Pediatrics & Adolescent Medicine,
four metro Atlanta locations

Strauss, Peter, MD

Kennesaw Pediatrics, Kennesaw

Thomas, Priya, MD

Mindful Pediatrics & Adolescent Medicine,
Johns Creek

Tolkan, Judith R., MD

Roswell Pediatric Center, Alpharetta
and Cumming

Torres, Alejandro, MD

Dunwoody Pediatrics, Dunwoody
and Alpharetta

Viswanadham, Madhuri, MD

Dare2Care Pediatrics, Alpharetta

Washington, Keyana, MD

Gwinnett Pediatrics & Adolescent Medicine,
four metro Atlanta locations

Weiss, Philip, MD

North Atlanta Pediatric Associates, Atlanta

Widjaja, Courtney, MD

Gwinnett Pediatrics & Adolescent Medicine,
four metro Atlanta locations

Wilburn, Kelly, MD

Dunwoody Pediatrics, Dunwoody
and Alpharetta

Williams-Willingham, Melinda A., MD

InTouch Pediatrics, Snellville

Winn, Brian, MD

Peachtree Park Pediatrics, Atlanta

Cont'd on next page

PEDIATRIC SPECIALISTS

Atkinson, Elizabeth, MD

PENTA: Pediatric ENT of Atlanta, four metro Atlanta locations

Bauer, Erik, MD

PENTA: Pediatric ENT of Atlanta, four metro Atlanta locations

Berenson, Frank, MD

Panda Neurology & Southeast Center for Headaches, Atlanta

Chacko, Thomas, MD

Chacko Allergy, Asthma and Sinus Center, seven Atlanta locations

Edwards-Salmon, Sofia, MD

Chacko Allergy, Asthma and Sinus Center, seven Atlanta locations

Ganz, Jodi E., MD

Olansky Dermatology & Aesthetics, Atlanta, Roswell and Cumming

Gold, Benjamin D., MD

GI Care for Kids, Atlanta

Harmon, Paula, MD

PENTA: Pediatric ENT of Atlanta, four metro Atlanta locations

Harris-Okafor, Vandra C., MD

PENTA: Pediatric ENT of Atlanta, four metro Atlanta locations

Ingley, Avani, MD

Northwest ENT and Allergy Center

Kim, Toni, MD

Life Pediatric Endocrinology, Atlanta

Manos, Cynthia K., MD

Children's Healthcare of Atlanta Children's Physician Group – Rheumatology, Atlanta

Mehta, Tejas, MD

GI Care for Kids, Atlanta, Marietta and Lawrenceville

Moncino, Mark, MD

Georgia Center for Autism and Developmental Pediatrics, Sandy Springs

Dr. Kim and her staff go out of their way to provide exceptional and genuine care for my child.

– *Sabrina J.*

Prince, Jamie M., MD

Children's Healthcare of Atlanta Emory Eye Center, Atlanta

Rubin, Leslie, MD

The Rubin Center for Autism and Developmental Pediatrics, Atlanta

Santore, Matthew T., MD

Children's Healthcare of Atlanta Children's Physician Group, Atlanta

Sidhu, Reet, MD

Inspire Pediatric Neurology, Atlanta

Warner, Catherine G., MD

Atlanta West Dermatology, Austell

CHOOSING A PEDIATRICIAN

Check whether the doctor is approved by your current insurance, research their credentials and office hours online and factor in convenience, such as how far the doctor's office is from your home or whether the office has evening or weekend hours. Consider scheduling an in-person meet-and-greet (some pediatricians charge for these visits). Here are 10 questions to ask while you're making a decision.

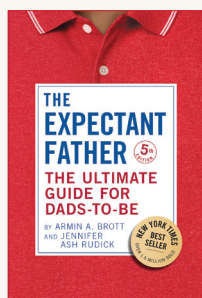
- What do you love about your job?
- How long have you been practicing, and do you have any sub-specialties (such as special needs, childhood obesity or diabetes)?
- How does your practice utilize technology? Do you embrace telemedicine? Can parents contact you or your nursing staff via email? What's the process when I need to call after hours?
- Can appointments be made online?
- Which medical networks and hospitals do you work with? Does your practice accept a variety of insurance plans in case our insurance coverage changes?



- What is the scheduling process? What is the average wait time for an appointment?
- Does the practice offer same-day sick visits?
- What are your thoughts on vaccines and the use of antibiotics for children?
- If other doctors are in the practice, will we also see them on occasion? Do nurse practitioners also see patients? If the doctor is the sole practitioner, who covers if you are out of town or unavailable?
- As a pediatrician, what is your top advice to parents?

Destined to be a Dad: What Expectant Fathers Should Know

by Emily Webb



"The Expectant Father: The Ultimate Guide for Dads-to-Be" is now in its fifth edition. Written by "Mr. Dad," Armin A. Brott, the book features real-life advice and the latest research. His other books include "The New Father: A Dad's Guide to the First Year" and "The New Father: A Dad's Guide to the Toddler Years, 12-36 Months."

Atlanta Parent spoke to Brott about how first-time dads can prepare for this new, exciting and terrifying time in their lives.



AP: Since the original publication of this book, in what ways has the parenting world for fathers gotten better or worse?

AB: When the first edition came out, I imagined that by the time my kids had kids, there would be resources specifically for expectant fathers. Dads don't get the same type of respect. Dads are looked at as afterthoughts and aren't really given equal weight as parents. It's not good for parents or babies to consider dads to be not as important as moms. By having that attitude, it puts the mom in a position of having to do everything, while dad is mom's little helper, instead of someone who's an equal. Our culture looks at the primary role of man as the provider/protector, and that means the guy is the one who goes out and provides money. Mom doesn't feel like she has someone who can help her at home, and it becomes a vicious cycle that doesn't benefit anyone.

AP: What main piece of advice would you give a first-time father?

AB: Close your eyes, jump in, and start making mistakes. You'll become a competent and confident dad by making mistakes. Your partner figured it out by figuring out the ways that didn't work. You want to have an independent relationship with kids that's not based on mom, and that is what your partner and your kids want, too. Take refuge in the fact that she never would have gotten involved with you if you were a danger to kids. Kids are resilient little creatures, and you'll learn together what works. Read a lot of books, find resources, and educate yourself as much as you can. But mostly, it's the hands-on, on-the-job training. Be there as often as possible.

AP: What advice do you have for fathers regarding their child's first two years?

AB: I use a lot of technology in my life for pretty much everything, but I look down on phones and tablets for baby. Doctors are finding kids who spend time with tablets have less eye-hand coordination and muscle tone, especially in small muscles. Occasionally, parents can use technology as a babysitter for 5-10 minutes while taking a shower or making a phone call, but when it's for hours and hours at a time, it's a problem. They're not learning to communicate, and they're not learning from you.

AP: How can you and your partner navigate your different emotions together throughout the pregnancy?

AB: The pregnancy is very interesting emotionally. Dads go through the same emotions mom does, but they're generally a trimester behind. The expectant dad doesn't want to tell his partner what he's feeling or worried about, because he's worried about putting more pressure on her, putting her off or making her think that he's not into the whole baby thing. Start early on by talking through what you're thinking or feeling. Talk for a few minutes every night, and just listen. Be nice to each other — there's a lot going on physically and emotionally, and this is just as profound for dad as it is for mom.

AP: How can couples maintain their emotional bond after the baby is born?

AB: Continue to connect after the baby has shown up — what are we thinking or talking about, listening to each other and having productive discussions. Make sure you have some time off, both as dads and moms. Me-time is super important. Don't be afraid to double count things. Taking your kid to the grocery store can count as time with the baby, even while you are completing errands. Make the baby a part of your everyday life.

AP: How can men help their partners during pregnancy?

AB: Some of it is stereotypical, as part of that provider/protector role, but nesting, building furniture and financial planning are concrete ways to stay involved during pregnancy. Guys have a stake in the pregnancy, too. Go with your partner to the doctor appointments, and ask questions. Many end up not coming to the doctor and feel separated. Building a crib, helping with menu planning, thinking about school districts, buying a new car and working through issues make it feel like you have a stake in it and give guys a way to feel involved. From day one, they feel they can be fathers and are ready to go.

AP: How can expectant dads lessen their own feelings of stress or anxiety around the labor and delivery process?

AB: Read as much as you possibly can, and prepare yourself as much as possible. Make friends with the nurses. There's a point in there — usually when it's time to start pushing — where the dad takes a secondary role to the nurses. You can still be a full participant, and ask how can you be most helpful. But knowing what to expect and knowing your own limitations, the better you're going to be at that time.

AP: What's the best advice about being a dad that you've received?

AB: For the first year or so, don't try to force the kids to be something they're not. Take your direction from the kids. Let the kids be who they're going to be, and don't worry about making them into who you want them to be.