



atlanta

FROM ATLANTA PARENT MAGAZINE

BABY

**Best
New
Parent
Hacks**

**Toddler
Tested Fun
Destinations**

**Mom-Approved
OBs 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/

2026 atlanta BABY

FROM ATLANTA PARENT MAGAZINE

Guide for New and Expectant Parents



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atlanta
BABY

FROM ATLANTA PARENT MAGAZINE

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Better Together: Your Child. Our Expert Care.



Some things are just better together: Peanut butter and jelly. Lattes and pumpkin spice. Stethoscopes and superheroes. When it comes to your child's health, there's no better combo than your love—and expert pediatric care. That's why Wellstar Children's of Georgia is here to partner with your family.

The name and logo may have changed, but the mission to care for children, teens and their families remains the same. "Our new name represents a powerful collaboration, bringing together more pediatric specialists in Georgia to create a comprehensive system of care," said Wellstar Children's Hospital of Georgia Pediatrician-in-Chief Dr. Valera Hudson.

WHERE KIDS' HEALTHCARE IS "BETTER TOGETHER"

At Wellstar Children's of Georgia, a child's health is strengthened by a partnership between parents and pediatric specialists. Wellstar's pediatric specialists and advanced practice providers listen and get to know each child from the moment they're born into young adulthood, collaborating with parents to deliver tailored care.

"We never forget that you know your child best—from their unique needs to what makes them tick," said Wellstar Chief Pediatrics Officer Dr. Carrie Stinson. "We trust your instincts, and we're here to support you as you help your child grow into a healthy, well-prepared and incredible human being."

IT STARTS WITH REGULAR CHECKUPS

Every kid should have a well-child exam each year. "When you have babies and toddlers, it's routine—you're scheduling these frequently," said Dr. Stinson. "But when kids get older and busier, these visits may fall off your radar." Staying on top of these vital checkups helps keep focus on your child or teen's well-being, including their physical health and development as well as their emotional, social and behavioral health.

NAVIGATING LIFE'S MOST CHALLENGING MOMENTS

During visits to Wellstar Children's of Georgia, pediatricians, pediatric specialists, nurses and other dedicated team members use the latest technology and innovative therapies to treat common illnesses and complex conditions. Specially trained child life specialists help children and their families navigate life's most challenging healthcare moments—helping kids understand and cope with unfamiliar or scary situations.

"We're passionate about caring for kids," said Dr. Hudson. "Our dream is to get beyond just treating and intervening when there's a crisis—we aim to help families thrive." Whether preventing illness or treating chronic conditions, Wellstar Children's of Georgia is committed to helping children heal so they can do more of what they love. [wellstar.org/childrensofgeorgia](https://www.wellstar.org/childrensofgeorgia)



SPONSORED CONTENT

BABIES: Adorable from Head to Toe

Head

Around age 1, a baby will become aware that items have specific names and functions.

Hair

Most of the hair a baby is born with is lost within the first 6 months of life.

Eyes

A baby's eye color can change between 3-9 months.

Ear

By 2 months, a baby will react to loud sounds.

Mouth

By 2 months, babies will smile when you smile or talk.

Hand

At 4 months, a baby will hold a toy when you put it in his hand.

Arm

At age 1, babies will pull up to stand and walk using the support of furniture.

Stomach

Tummy time prepares babies for being able to slide on their bellies and crawl. While they are awake, place them on their tummy 2-3 times each day for 3-5 minutes.

Nails

The only care a baby's nails require is trimming.

Foot

Babies don't need shoes until they start walking.

Back

Babies can sit without support by 9 months old.



Sources: [cdc.gov](https://www.cdc.gov), [healthychildren.org](https://www.healthychildren.org), [health.clevelandclinic.org](https://www.health.clevelandclinic.org), [webmd.com](https://www.webmd.com), [healthtalk.unchealthcare.org](https://www.healthtalk.unchealthcare.org)



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- Elaine Sunshine House Parent

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The Information Age

by Emily Webb

New parents have a wealth of information at their fingertips in this day and age. Check out these great resources.

- Now in its third edition, check out the **Mayo Clinic Guide to Your Baby's First Years**. This comprehensive guide leads you through your baby's development to age 36 months with expert recommendations and practical insights. Month-by-month chapters cover your child's growth and physical, sensory, mental and social development. New additions focus on screen time, vaccines, devices, parental depression, picky eating and more. mcpres.mayoclinic.org
- New dads will get a month-by-month guide to their baby's development with **The New Father: A Dad's Guide to the First Year** by Armin A. Brott. This handbook focuses on what you, your baby and your partner are going through with research, humor and wisdom. The fourth edition includes information about healthcare, financial planning, parental leave and more. abbeville.com
- **Pathways** takes the guesswork out of baby's development. Milestone resources are supported by the Centers for Disease Control and Prevention and American Academy of Pediatrics. Information is sorted by age category, and you can also download the Baby Milestones App for a personalized dashboard and expert-recommended activities. pathways.org
- Explore the evidence and tools available to you to make the best decision for your family with **The Science of Mom: A Research-Based Guide to Your Baby's First Year** by Alice Callahan. Learn more about scientific research, microbiomes, pacifiers, allergies, breast milk production and more. press.jhu.edu



- Pocket expert **Precious Little Sleep** will help your baby sleep with evidence-based approaches. Join the community to figure out the best sleep schedule for your baby, and you can even schedule expert sleep support. The book features tools that work for every age and stage to help your little one catch precious Zzzs. Listen to the podcast for real questions and answers about baby sleep, kid sleep and parenting. preciouslittlesleep.com
- Learn with **The Child Psych Podcast**. A pair of psychologists, play therapists and moms Tammy Schamuhn and Tania Johnson go through the research and strategies to help guide your parenting. Focused on raising compassionate and resilient kids, listen to tips for helping siblings get along, choosing a daycare, mindful parenting and more. instituteofchildpsychology.com
- Research has found that from time to time, babies are more prone to cry, cling and be cranky. **The Wonder Weeks** uses your baby's due date to use a baby leap chart to predict your baby's moods and help you understand your child better. Recognize the signals of your baby, stimulate new skills, track your baby's development and more. thewonderweeks.com
- Learn in person with baby-focused events featuring all the resources you need for the journey from pregnancy to preschool. On June 7, connect with experts and other parents at **Babies & Bumps Atlanta** at The Hotel at Avalon; babies-and-bumps.com. Visit the Gas South Convention Center on Nov. 14 for the **Atlanta Babypalooza Baby Expo** for information about baby registries, preschools and more. babypalooza.com.

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

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: 305 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

As your baby nears her first birthday, she'll sleep between 10-12 hours at night.

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:

260 Private maternity beds: 8-Postpartum 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: 22-Postpartum, 12 High Risk Pregnancy Birthing rooms: 19 LDR

Georgia is home to 370,872 babies, representing 3.4% of the state's population.

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: 290 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: 250 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: 82 Private maternity beds: 18-P Birthing rooms: 6 LDR/LDRP Obstetrics Emergency Department: 4 beds

■ **Piedmont Newton Hospital** Births per month: 60-80 Private maternity beds: 8-P Birthing rooms: 8 LDR/LDRP

■ **Piedmont Rockdale Hospital** Births per month: 140-160 Private maternity beds: 19-P Birthing rooms: 16 LDR

It's normal for a baby to cry for 2-3 hours a day for the first six weeks.

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: 150 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. North Fulton is the only Wellstar facility that offers water births.

■ **Wellstar Cobb Medical Center** Births per month:

216 Private maternity beds: 30-P Birthing rooms: 20 LDR 5 Triage Rooms

■ **Wellstar Douglas Medical Center** Births per month:

52 Private maternity beds: 10-P Birthing rooms: 10 LDR 2 Triage Rooms

■ **Wellstar Kennestone Regional Medical Center** Births per month:

520 Private maternity beds: 50-P Birthing rooms: 21 LDR

■ **Wellstar North Fulton Medical Center** Births per month:

120 Private maternity beds: 20-P Birthing rooms: 6 LDR

■ **Wellstar Spalding Medical Center** Births per month:

74 Private maternity beds: 20-P Birthing rooms: 4 LDRP 3 Triage Rooms

■ **Wellstar West Georgia Medical Center** Births per month:

82 Private maternity beds: 15-P Birthing rooms: 10 LDR

Between 2-4 months old, your baby will recognize his primary caregivers' faces.

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, whattoexpect.com, marchofdimes.org, stateofbabies.org, babycenter.com, kidshealth.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 • southernregionalmg.org



ATLANTA PARENT'S MOM-APPROVED DOCTORS

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

OB/GYNS

Barrett, Robert, MD

Cherokee Women's Health Specialists,
Canton and Woodstock

Biggs, Vanessa J., MD

Atlanta Women's Obstetrics & Gynecology,
Atlanta

Bowers-Zamani, Alyssa, MD

Wellstar Kennestone OB/GYN, Marietta

Bryant, Joseph, MD

Wellstar Kennestone OB/GYN, Marietta

Clement, Kira E., MD

Atlanta Women's Obstetrics & Gynecology,
Atlanta

Conde, Jenifer, MD

Wellstar Northwest Women's Care, Marietta

Davis-Williams, Camille, MD

Greater Atlanta Women's Healthcare, Atlanta

ElGammal, Nahed, MD

Piedmont OB/GYN, Atlanta

Fairbrother, Genevieve L., MD

Obstetrics & Gynecology of Atlanta,
four Atlanta locations

Fapohunda, Tope, MD

Every Woman's Ob Gyn, Stockbridge

Francis, Milele, MD

Wellstar South Cobb OB/GYN, Austell

Atlanta Obstetrics & Gynecology Specialists

Dr. Jeffers is wonderful! Getting appointments is easy and I've always felt like a priority.
KELSEY A. / ATLANTA

Atlanta Women's Obstetrics & Gynecology

Dr. Reed makes her patients feel as if they matter and their concerns are relevant.
ADAYSHIA C. / ATLANTA

Garcia, Jose A., MD

Peachtree Women's Clinic,
five Atlanta locations

Graham, Heath, MD

North Atlanta Women's Specialists,
Sandy Springs

Green, Kristin, MD

Atlanta Women's Obstetrics & Gynecology, Atlanta

Haley, James, MD

Cherokee Women's Health Specialists,
Canton and Woodstock

Hall, Sekeyta, MD

Wellstar South Cobb OB/GYN, Austell

Henke, Jill J., MD

Obstetrics & Gynecology of Atlanta,
four Atlanta locations

Hood, S. Alice, MD

Atlanta Women's Obstetrics & Gynecology,
Atlanta

Hsiao, Clement C., MD

Alliance OBGYN, Alpharetta

Jeffers, Sarah, MD

Atlanta Obstetrics & Gynecology Specialists, Atlanta and Alpharetta

Jewell, Bryan, MD

Haven Ob/Gyn, Atlanta

Johnson, V. Leah, MD

Atlanta Obstetrics & Gynecology Specialists, Atlanta and Alpharetta

Johnson, Traci C., MD

Gwinnett OB/GYN Associates,
Snellville

Jones, Dawn, MD

Advanced Women's Care Center,
Stockbridge

Keeling, Margaret, MD

Wellstar Kennestone OB/GYN,
Marietta

King, Robinette, MD

The OB/GYN Clinic at Southern Regional,
Riverdale

Levenson, Tressa, MD

Atlanta Obstetrics & Gynecology Specialists, Atlanta and Alpharetta

Litrel, Michael, MD

Cherokee Women's Health Specialists,
Canton and Woodstock

Lovely, Emerald, MD

Lovely OBGYN, Lawrenceville

Manetta, Kiley, DO

Peachtree Women's Clinic,
five Atlanta locations

Marks, Martha, MD

Kaiser Permanente TownPark Medical Center,
Kennesaw

McDaniel, Michael, MD

Peachtree Women's Clinic,
five Atlanta locations

Cont'd on next page

Lovely OB/GYN

Dr. Lovely is an amazing doctor. Everyone on her team makes me feel heard, loved and cared for.
BROOKE C. / DULUTH



Modi, Silki, MD
Peachtree Women's Clinic,
five Atlanta locations

Morse, Tara, DO
Atlanta Women's Obstetrics & Gynecology,
Atlanta

Narvaez, Jennifer L., MD
Emory OBGYN Midtown, Atlanta

Women's Health Associates Group

Dr. Sun's warmth,
professionalism and deep
empathy truly set her apart.
She's one-of-a-kind!
VIVIAN X. / SUWANEE

Ottensmeyer, Amy L., MD
Piedmont Women's Healthcare, Atlanta

Phillips, Pushpa, MD
Cherokee Women's Health Specialists,
Canton and Woodstock

Reed, Caroline, MD
Atlanta Women's Obstetrics & Gynecology,
Atlanta

Robbins, Richard B., MD
Roswell OB/GYN, four Atlanta locations

Rybka, Anna Y., MD
Atlanta Women's Obstetrics & Gynecology,
Atlanta

Sermans, Alvin, MD
Dunwoody OBGYN, Dunwoody

Sharon, Thomas E., MD
Obstetrics & Gynecology of Atlanta,
four Atlanta locations

Smith, Yvette M., MD
Atlanta Obstetrics & Gynecology
Specialists, Atlanta and Alpharetta

Sternberg, Holly A., MD
Atlanta Women's Obstetrics &
Gynecology, Atlanta

Stone, Ansley, MD
Cherokee Women's Health Specialists,
Canton and Woodstock

Sun, Phoebe, MD
Women's Health Associates Group,
Atlanta

Williams, Rebecca, MD
Maternal Gynerations, Lawrenceville

Winley, Amberly, MD
Wellstar Northwest Women's Care,
Marietta

Wyatt-Hathaway, Juanita, MD
Atlanta Obstetrics & Gynecology
Specialists, Atlanta and Alpharetta

FERTILITY SPECIALISTS

Best, Monica, MD
Reproductive Biology Associates,
five Atlanta locations

Calhoun, Kathryn C., MD
Atlanta Center for Reproductive
Medicine, Atlanta

Carpenter, Sue Ellen, MD
Bloom Fertility, Atlanta

Fru, Karenne, MD
Muna Fertility, Sandy Springs

Gay, Steven, MD
Shady Grove Fertility,
four Atlanta locations

Shady Grove Fertility

Navigating infertility can
be very difficult. Dr. Katler's
positive energy makes you feel
at ease and comfortable talking
about these challenges.
KATRINA M. / NEWNAN

Kanter, Jessica R., MD
Shady Grove Fertility,
four Atlanta locations

Katler, Quinton, MD
Shady Grove Fertility,
four Atlanta locations

Lewis, Erin, MD
Reproductive Biology Associates,
five Atlanta locations

McCarthy-Keith, Desireé, MD
Shady Grove Fertility,
four Atlanta locations

Slayden, Scott, MD
Reproductive Biology Associates,
five Atlanta locations

Straub, Robert, MD
Reproductive Biology Associates,
five Atlanta locations

Toledo, Andrew, MD
Reproductive Biology Associates,
five Atlanta locations

MIDWIVES

Fischels, Susan, CNM
Cherokee Women's Health Specialists,
Canton and Woodstock

Griffaw, Laura, CNM
Obstetrics & Gynecology of Atlanta,
Atlanta

Atlanta Women's Obstetrics & Gynecology



275 Collier Road NW, Suite 230
Atlanta 30309
404-352-3616

www.awog.org

Atlanta Women's Obstetrics & Gynecology (AWOG) is dedicated to providing compassionate, personalized care for every woman. From the first prenatal visit to delivery day and beyond, AWOG's physicians support patients and their growing families with guidance, expertise, and understanding.

The Practice offers comprehensive obstetrical services, including preconception planning, prenatal care, labor and delivery, and postpartum support. With on-site lab testing, ultrasounds, and 3D fetal imaging, patients have access to everything needed for a healthy pregnancy in one convenient and welcoming location.

Beyond pregnancy, the team provides care for every stage of life—from annual well-woman exams and gynecological services to family planning and long-term wellness. No matter what a woman's age or stage, the team is committed to ensuring every patient feels heard, supported, and cared for.

Located in Piedmont Hospital's Physician's Plaza in Midtown Atlanta, AWOG is easy to reach from Buckhead and surrounding communities. The Practice strives to make every visit comfortable, accessible, and reassuring.

Atlanta Women's Obstetrics & Gynecology –
Passionate women. Compassionate care.



Obstetrics and Gynecology of Atlanta



For more than 60 years, Obstetrics and Gynecology of Atlanta has provided exceptional women's healthcare built on trust, compassion, and personalized attention. With an award-winning team of physicians and nurse midwives, the practice delivers comprehensive care — empowering patients through effective communication, education, and a commitment to the highest standards of care.

Dr. Genevieve Fairbrother, President and CEO of Atlanta Women's Health Group, has advanced women's healthcare across Atlanta through program development, hospital leadership, and service on Northside Hospital's Executive Board. She has been named an Atlanta Magazine Top Doctor every year since 2014.

Dr. Jill Henke specializes in high-risk obstetrics and collaborative care with certified nurse midwives. She provides preventive care, surgical gynecology, and obstetrics, and is committed to guiding women through all stages of life with personalized and attentive care.

Dr. Thomas Sharon focuses on minimally invasive and robotic surgery, fibroid management, and women's primary care. He serves as Chief of Obstetrics and Gynecology at NSH, is a board member of Atlanta Women's Health Group, and has been an Atlanta Top Doctor since 2017.

Call today or scan the QR code to learn more.



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404-252-1137
www.obgynofatlanta.com



Tell us about
your favorites Pediatricians for our 2026 lists:

Visit atlantaparent.com/nominate

Atlanta Obstetrics & Gynecology Specialists



Yvette M. Smith
MD, FACOG, MPH



Juanita Wyatt-Hathaway
MD, FACOG



V. Leah Johnson
MD, FACOG



Sarah Jeffers,
MD, FACOG



Tressa Levenson
MD, FACOG

Atlanta Obstetrics & Gynecology Specialists is dedicated to providing the highest standards of care for women's health, with a focus on OBGYN services, by blending state-of-the-art medical treatments with a compassionate and personalized approach. Their team of OBGYN specialists have years of experience and expertise in managing a wide range of women's health issues.

Dr. Smith's patients benefit from her willingness to discuss difficult issues, as well as her experience and ability to interpret constantly evolving medical and scientific knowledge.

Dr. Hathaway enjoys remaining connected with her patients, now having the opportunity to care for some of the grown women she was blessed to have delivered.

Dr. Johnson specializes in minimally invasive gynecologic procedures, with a focus on robotic fibroid surgeries and chronic pelvic pain therapies.

Dr. Jeffers believes that empowering patients through education is one of the most important aspects of her role.

Dr. Levenson's compassion in every interaction and integrity in decisions are the foundation of her career. She believes in providing the same dedication to patients as she'd want for her own family.



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5445 Meridian Mark Rd. NE, Suite 430
Atlanta 30342
404-252-5196

Alpharetta Office
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Alpharetta 30005
770-667-7440

aosphysicians.com



Shady Grove Fertility



When Shady Grove Fertility (SGF) was created more than 30 years ago, the goal was simple: provide cutting-edge fertility care in an environment that supported patients' physical, emotional, and financial needs as well as to make future business and clinical decisions based on the best interest of the patients.

Today, SGF celebrates more than 100,000 babies born and over 5,000 5-star patient reviews. The depth and breadth of the fertility program and the clinical experience of the physicians and scientists has been instrumental in establishing its leadership position in the United States and making it a fertility center of choice among patients and OB/GYNs. Their fertility specialists perform basic and advanced treatment cycles, with success rates well above the national average and high-risk, high-order multiple births (<1%) among the lowest in the nation.

As leaders in reproductive medicine, SGF physicians are committed to providing exceptional fertility care at a practice that remains at the forefront of cutting-edge reproductive technology. As part of the Atlanta community, they are proud to be among the Mom-Approved Doctors!



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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). 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?

- **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?

- **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?
- **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?

Karenne Fru, MD, PhD, FACOG



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Function to Fashion: Current Diaper Bag Trends

by Tali Benjamin

When it comes to choosing the perfect diaper bag, style and practicality matter. After all, this trusty sidekick will be with you through countless adventures (and diaper changes!) over the next few years. So, find one that not only makes your life easier but also matches your personal vibe. Here are the top diaper bag trends taking over this season:

Elevated materials and textures

While moving away from the usual nylon might feel risky, opting for fabrics with a more “adult” look is popular. Textures like suede, matte leather and quilted fabrics are the fashionable choice.

Neutral and “grown-up” styling

The diaper bag trend is shifting toward minimal, unisex designs and rich colors such as charcoal, navy, olive and brown. Messenger bags and backpacks also fit this trend. Now both parents can feel comfortable carrying the diaper bag.

Tech-forward features

As is the case with most other things, smart features like insulated bottle warmers and anti-microbial linings have made their way into the diaper bag industry. Some even have USB charging ports!

On-trend accents

If you are looking for a bit of flair, opt for a more fashion-forward color like burgundy. Metallic finishes and colored liners also add a pop of interest for those who want their bag selection to stand out.

Structured sides

In the handbag world, satchels and top handles are making a comeback. For a diaper bag that means a reliable form to hold all the baby gear along with a neat and elegant appearance. Opt for a bag with plenty of pockets and sections to keep things organized.



● **The Levy Backpack by HAPP** features a quilted design and is a neutral beige with gold accents. While the design is a touch more feminine than some of this season's finds, it's super stylish and the wide straps provide comfort for the parent wearing the bag. happbrand.com



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● **KeaBabies Original Diaper Backpack** is available in one of the season's hottest colors — coffee brown. Plus, it's thoughtfully designed with multiple pockets and compartments, including one for your cell phone, to help you stay organized. The gender-neutral styling is perfect for parents who want to share a diaper bag. keababies.com



● **Dagne Dover's Wade Diaper Tote** is uber functional for the modern parent. It has a laptop sleeve, stroller clips, and diaper pad but looks like any other tote. It's available in some of the season's popular colors like olive green and mauve. Plus, the side zipper is handy for easy access to wipes. dagnedover.com

Great Baby Hacks for New Parents

by Emily Webb

Being a parent doesn't come with a manual! Check out these tips and tricks for making the early days with your little one easier.



Before Baby Is Born

- Make a lot of freezer meals, so there's one less thing for you to worry about when baby arrives.
- Don't be afraid to ask for help. Organize a meal train where family members and friends bring you meals on certain days as you heal, and your family adjusts to your new addition.
- Get rewarded. "Take a look at your local grocery stores, big box stores and online retailers to see if they offer a baby rewards program," suggests Siobhán Alvarez, blogger at Mimosas & Motherhood. "For example, Target will give you an additional discount off diapers, and Amazon offers a large Subscribe & Save program that can be combined with their Baby Registry Diaper Discount to help you save even more."

Catch Some Z's

- Get onesies with zippers – no buttons, advises Adam Duvall of the Atlanta Braves. This'll save you the pain of trying to line up snaps in the dark in the middle of the night.
- Babies are fully relaxed when they are sleeping (or feeding), making it a great time to cut their nails without them squirming.
- For baby boys: "If your little boy isn't staying dry throughout the night, and you see wetness on their tummy, flip the diaper," suggests Kimberly Stroh, writer for Savvy Mama Lifestyle. "Putting the diaper on backwards helps that area stay dry, because the diaper placement is higher."

Laundry Hacks

- Save yourself the hassle of extra laundry by getting a simple changing pad that can easily be wiped down. The Bumbo Changing Pad is easy to wipe down and doesn't require any covers.
- Wash a few of your baby's next size clothing items, so they're ready for use when your baby starts growing. Pack them in a separate drawer or use drawer dividers to keep them organized.

- Get stains out fast with the OxiClean Baby Stain Remover, which easily removes dried-on formula and baby food, juice spills or diaper stains. For a DIY solution, try dabbing white vinegar on the stain, or soak items in a combination of hydrogen peroxide and dish soap.
- Interested in using cloth diapers to reduce waste? Dry the wet diapers in the sun for natural whitening. Spray lemon water on them while they're still wet to increase whitening.
- If your dryer is turning off before baby's clothes are dry, the load might be too light for the dryer to recognize. Speed up the cycle by adding a clean dry towel to the dryer, which will help to absorb excess moisture.

Out and About

- "When you've got a newborn baby, your diaper bag can get really heavy," Stroh says. "Instead of storing everything inside your diaper bag, convert your car's trunk space to a changing area. Use a small diaper caddy to keep the extra things you need. Diapers, wipes and travel-sized cream are smart to have on-the-go. It'll save your diaper bag from being too heavy, and many moms appreciate their trunk space over a public changing table."
- Lighten your load. "I keep a multicolor retractable pen in my diaper bag instead of a whole bunch of crayons or colored pencils," says Amritha A. Joseph, the blogger behind In Transit. "It has all the colors, makes no mess in the bag,



it's less stuff to carry and keep track of, and since it's a pen, even mom or dad can use it when they need something to write with on-the-go."

- Keep an extra onesie or outfit for baby in your diaper bag or car, but also pack a change of clothes for you in case of an accident.
- A stroller hook will hold your diaper bag or shopping bag when you're out about. Or get your steps in around the neighborhood on a walk with your dog by clipping the leash to the hook.
- Restock your diaper bag when you get home or before you go to bed, so you won't have to stock items at the last minute before you need to leave.
- Plastic condiment cups will make pacifiers and other smaller items easy to find inside your bag.



Diaper Duty

- If you live in a multi-level home, keep a small baby-changing station or bin with a changing pad, diapers, wipes and creams on each floor, so you don't have to go upstairs or downstairs every time you need to change a diaper.
- "Those first few weeks of changing diapers is such a learning curve. You do get faster and much more proficient the more diapers you change," says Laura Hunter, the co-founder of Moms On Call. "With newborns, they have such a startle reflex, and they do not like being without clothes! Unsnap the onesie, pull it up over their arms and snap it over one of the shoulders. This keeps those hands from flinging about and keeps them feeling nice and warm. As they get older, giving them a toy that only comes out while on the changing table may also help."

- Buy wipes in bulk to keep them stashed all over the house and in your car.

Keep Baby Healthy

- "If you're struggling to administer liquid medication to your baby, try using a nipple that's not attached to a bottle," Stroh says. "Place the measured medicine amount in the nipple.



Start your feeding and let them relax. Switch out from your breast or bottle to the nipple with medication. They're into the rhythm of sucking, and usually take of all the medication instead."

- Use a makeup brush or mini spatula to place diaper cream to avoid getting the stuff on your hands. Bumco's Baby Bum Brush was created for this purpose, if you'd prefer to buy the silicone brush.

Around the House

- Set up a Pack 'n Play in a room you frequent or in a room where you need your hands, like the kitchen, so you have an area to put baby.
- Buy a bouncy seat or lounger for the bathroom for baby while you brush your teeth or wash your hands. And, use it early on, so your baby doesn't grow accustomed to being held all the time.
- Repurpose a hanging or over-the-door shoe organizer to keep items for baby – swaddles, burp cloths, blankets.
- "Have all your items you need in the bathroom within arm's reach. The three-tier cart on wheels is wonderful for this," says Hunter. "Place a large, warm washcloth over the arms and chest to keep them warm during bath time."

Bonding with Baby

- Atlanta Braves' Austin Riley suggests creating a routine for your baby as soon as possible and reading to the baby as much as you can. Babies respond to noises and familiar voices from birth, and they'll start responding to words in the first year of life!
- Wear your baby around with a baby wrap. It'll promote bonding and keep your hands free, so you can do chores while taking care of your baby. It can be tempting to catch up on household chores while your baby is asleep but try to sleep when baby sleeps.
- Practice tummy time with your baby on your chest.

Time to Feed

- Invest in a good water bottle to ensure you have enough liquids on hand to keep you hydrated if you're breastfeeding.
- Set up a serving tray that's within reach with remotes, water or snacks for long nursing sessions.
- "Once you've introduced solids, place 2-3 pieces of 2-3 food groups on the tray at a time. Too much food can overwhelm them. Keep it to very small portions," Hunter says. "Have two long-handled spoons available and load the spoon with a bite. Let them grab that one, and while they chew on that one, you can load the second spoon, and swap them out."



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Oh, Baby! Hi-Tech Gadgets for Your Little One

by Emily Webb

These products make life with your newborn easier.



● Learn more about your baby's health with **Wuddle Smart Changing Pad**. This smart baby monitor combines a scale with nursery essentials — a warmer, nightlight, sound machine and more — so you have all you'll need in one product. Understand how your baby is progressing between checkups, feedings and milestones. Available at wuddlebaby.com for \$349.99.

● Mealtimes are a breeze using **Baby Brezza's Formula Pro Advanced Baby Formula Dispenser**. Precise mixing technology makes a warm formula bottle in seconds, and you can choose from three temperature settings. The product works with most formula brands, and you can adjust the tray to change the bottle size. Available at babybrezza.com for \$229.99.



● Sweet dreams are made easy with **Hatch's Rest 2nd gen**. This dream machine is made to help your child rest at every stage. The product features soothing sleep sounds and functions as a smart night light to help your baby catch some Zzzs. Lighting cues determine when to start winding down and waking up, and build healthy sleep habits with Hatch+.

Available at hatch.co for \$69.99.

● Need eyes in the back of your head? The **Tiny Basic: HD Baby Car Camera Monitor System from Tiny Traveler** makes it easy to monitor your baby while your attention needs to be elsewhere. Featuring an HD camera with night vision and sound, you can make sure your baby is safe, monitor their nap and automatically record or take photos of cute moments. Available at mytinytraveler.com for \$199.99+.



● Monitor your baby's habits with **Miku Pro Smart Baby Monitor with Wall Mount Kit**. Track your baby's breathing and sleeping, and real-time alerts let you hear, see and know of any changes. The contact-free monitor means your baby can wear any clothing and sleep in any position without the product getting in the way. The membership feature gives you access to all of Miku's advanced features and starts at \$9.99 per month. Available at mikucare.com for \$349.

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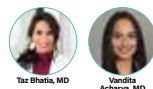


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Baby's First Toys

Entertain your newest family addition easily with these fun toys.

by Emily Webb



● Play at the farm with Melissa & Doug's **Blockables Farm Play Set**. Build a tractor, pig, cows and more, or create your own special creatures or machines using the colorful wooden blocks. Available for \$32.99 at melissaanddoug.com.



● Take a pal on on-the-go adventures with Fisher-Price's **Sing & Go Purple Monkey Plush**. This stroller toy will sing and make sounds, along with sensory details and cuddly fabrics. The clip makes it easy to attach to your stroller, baby gym or diaper bag for travel. Available for \$17.97 at shop.mattel.com.

● Stack up the fun with **Sassy Stacks of Circles Stacking Ring** from Sassy Store. This multi-piece set includes different textured and chunky rings for baby to grasp and play with easily, and the clear ring has colorful beads for a rattle. The textured rings also make for a great mouthing and teething toy. Available for \$9.96 at amazon.com.



● Make playtime easy by combining it with floortime with Smart Steps' **Musical STEM Gym**. The toys and interactive play board will make different noises and melodies to entertain baby as he moves and kicks. It can also be taken on the go for versatile play to keep your baby entertained. Available for \$24.99 at smartstepsbaby.com.



● Rock on with Hape's **Penguin Musical Wobbler**. This adorable penguin is a roly-poly toy that baby can bat at for a musical dance, and the penguin's arms shake when waddling. The wooden toy also features a built-in bell for a soothing jingle. Available for \$19.99 at toys.hape.com.

● Introduce your little one to her first book with the **Sensory Snuggables Lion Puppet Soft Book** from Make Believe Ideas. Turn the lion into imaginary play by using it as a hand puppet, and while reading, trace it over the book pages to hear the surprise crinkles. Available for \$14.99 at makebelieveideas.com.



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It's a Toddler Takeover

These museums are anything but boring! With hands-on interactive exhibits, special events and places to explore, these spots are perfect for the younger set.



Atlanta History Center

by Mary Williams

Atlanta History Center

The Goizueta Children's Experience brings Atlanta's culture and history alive for little ones through immersive activities and displays. Perform onstage at the Mini Fox Theatre, take a trip in the Time Machine, smell the aromas of The Varsity, and visit Atlanta landmarks in Toddler Town. Daily programming for multiple age groups focuses on the arts, geography, STEM, innovation and more. This 33-acre museum also has a working farm with heritage sheep and goats, extensive gardens to explore, and family-friendly storytimes and special events. Atlanta, atlantahistorycenter.com

Children's Museum of Atlanta

Everything in this museum invites touching and exploring — no display cases or art behind glass here! At CMA, kids can play on a farm, shop for groceries and take a trip around the world. They can build simple machines, problem solve and visit a treehouse. Building Blocks Preschool Playtime for babies and toddlers includes Artsy Mondays, Tinkerin' Tuesdays, Messy Thursdays and Jam Session Fridays. Atlanta, childrensmuseumatlanta.org



Children's Museum of Atlanta



Fernbank Museum

Fernbank Museum

Explore science and nature at Fernbank! In the Great Hall, tots can stand beneath an awe-inspiring dinosaur battle and look for fossil footprints and artifacts. At NatureQuest, Fernbank's giant indoor play space, kids can climb and explore as they learn about nature. Outdoors, explore WildWoods and Fernbank Forest, with interactive art and displays, a sensory wall and a canopy walk. Fun special events for preschoolers include storytimes, live animal encounters and family nature walks. Atlanta, fernbankmuseum.org

When you're out and about

with kids of multiple ages, these museums have dedicated areas for their youngest guests:

- **High Museum.** Atlanta, high.org
- **Tellus Science Museum.** Cartersville, tellusmuseum.org
- **Booth Western Art Museum.** Cartersville, boothmuseum.org

Interactive Neighborhood for Kids

A longtime kids' favorite, INK's new location in Oakwood has lots of spaces for kids to discover and explore. They can shop at the grocery store, visit the post office and Oliver's Diner, and act on the stage. There's even a "Preschool Paradise" for the smallest visitors. Check the website for storytime and crafting events. inkfun.org



Interactive Neighborhood for Kids

More Great Places to Play

Imaginations come alive at these indoor play spaces that let kids explore. They are smaller than a traditional museum and are popping up all over metro Atlanta.

Play Street Museum

Explore city living on a kid-sized scale at a pretend café, doctor's office and fire station, along with blocks and plenty of soft places to play. Check their calendar for special events like kids' pottery painting and dino digs. Alpharetta, alpharetta.playstreetmuseum.com



Play Street Museum

Kids Avenue

At Kids Avenue, explore a mini city with market, construction site, salon, restaurant, fire station, bakery and more spots to play. Pretend to camp, play in the ball pit, and even drive a car around the streets. This Buckhead play space is just for kids ages 8 and younger. Atlanta, thekidsavenue.com



Kids Avenue

ChildrenConnect Museum

This cute red-and-white house has four rooms full of creative play. Build with LEGO and K'Nex blocks, create art and role-play with costumes. The Pre-K Play Room has foam mats and toys just for toddlers. Newnan, childrenconnectmuseum.com



ChildrenConnect Museum

New Kid on the Block! Isaac's Sandlot

This popular new spot for kids has an indoor sandbox with lots of trucks and toys for scooping, digging and exploring. There are separate sandboxes with kinetic sand, perfect for molding, building and sensory experiences. Adults can join in or relax with a coffee in the comfortable seating. Reservations recommended. Chamblee, isaacs-sandlot.com



More Places to Play

- **DinoDash.** Peachtree Corners, dinodashkids.com
- **Wiggle Giggle.** Marietta, wigglegiggleatl.com
- **HippoHopp.** Brookhaven, hippohopp.com
- **Boomerang Play and Party.** Atlanta, boomerangplaynparty.com
- **The Play Pad.** Fairburn, playpadkids.com

Get Active!

Places for Young Kids to Climb and Explore

Discover, learn and play at these indoor spaces designed for little ones' bodies. Most spots recommend booking playtime online in advance; check websites for details.

The Playroom East Cobb

Explore an obstacle course, dive into a pillow pit, explore sensory toys and experiment with blocks and magnets at this play spot. For babies and early walkers, a crawling corner has soft toys, blocks and games. Marietta, theplayroomeastcobb.com

Little Leaf Play Studio

Designed just for ages 5 and younger, Little Leaf has open spaces for exploring, along with lots of toys to push and pull, climbing structures and more. Moms and dads can enjoy the coffee bar and connect with other parents, too. Woodstock, littleleafplaystudio.com



Ready Set Fun!

Ready Set Fun!

This indoor playground has a soft play area with swings, slides and a ball fountain, along with a high-tech art wall and imagination sandbox. The FUN Crawlers area has play structures for ages 2 and younger. Sandy Springs, readyssetfun.com



The Playroom East Cobb

Kids Empire

Explore the maze, climb on play structures, build with giant blocks, play indoor soccer and dance at this high-energy play place. The playground for toddlers has ride-on trikes, a ball pit and mini trampolines. Atlanta, Marietta and Johns Creek, kidsempire.com

Buddy's Indoor Playhouse

This fun play space for ages 6 and younger has a toddler-friendly driving track with lots of ride-on toys, along with slides, play houses, a grocery store, activity tables and a space just for babies. Smyrna, buddysplayandparties.com

Get Outdoors!

From the Zoo to Slides

When you're a toddler, life's an adventure! Exploring, discovering, laughing, making messes and spending time together — it's all part of being a toddler. Plan an outing to some of our favorite toddler-friendly spots around town.



Zoo Atlanta

Outdoor Adventures

Zoo Atlanta

When it comes to animal adventures, Zoo Atlanta offers up lots of fun for toddlers. See hundreds of animals, visit the petting zoo, visit Treetop Tykes Trail, Splash Fountain and KIDZone play area, and ride the train and carousel. Kids ages 5 and younger can learn about animals and nature through games and activities during Adventure Cubs (March 7 and 19, April 4 and 16, May 2 and 21, 9:30-10:30 a.m.). Atlanta, zooatlanta.org

Yellow River Wildlife Sanctuary

This 25-acre attraction has plenty of wildlife, including bison, peacocks, pigs, wallabies, sheep and lemurs. Visit the petting zoo or purchase a bag of lettuce and carrots to feed the deer, goats, bunnies and alpaca. Lilburn, yellowriverwildlifesanctuary.com

Chattahoochee Nature Center

This 127-acre gem, located on the Chattahoochee River, has trails to explore, a playground, animals and special programs for kids and families. Pee Wee Naturalists, a quarterly series at for ages 3-4, encourages an appreciation of nature through exploration, a close-up look at wildlife, and an art activity. Roswell, chattnaturecenter.org

Atlanta Botanical Garden

This beautiful greenspace in the heart of Atlanta is a family destination. The Lou Glenn Children's Garden has places for young children to play and learn, along with special programming including Garden Playtime, Garden Grooves and Storybook Time. On Fridays from May-Sept., Shows for Seedlings has performances by puppeteers, storytellers and musicians. Atlanta, atlantabg.org

More not-to-miss outdoor spots:

- **Dunwoody Nature Center.** Dunwoody, dunwoodynature.org
- **Fernbank Museum.** Atlanta, fernbankmuseum.org
- **Southeastern Railway Museum.** Duluth, train-museum.org
- **Southern Belle Farm.** McDonough, southernbellefarm.com

atlantaparent.com

Top Toddler Playgrounds

Autumn Park

3563 Autumn Dr., Doraville
This smaller park is less well-known, making it a sweet spot for toddlers and little ones. The playgrounds feature climbing structures, slides and swings. doravillega.us

Ridgeview Park

5200 S. Trimble Rd., Sandy Springs
This smaller playground has a natural-themed playscape that includes log-like staircases, swings, a cozy dome, a we-saw and a crawl tunnel. sandy Springsga.gov

Oakdale Park

4126 S. Atlanta Rd. SE, Smyrna
The separate toddler playground includes multiple swings, climbing structures and a slide, as well as a soft rubber surface. The playground for ages 5-12 has a three-story rocket ship for adventures across the galaxy. cobbcounty.org

Hammond Park

705 Hammond Dr., Sandy Springs
The toddler playground is on a rubber surface and features multiple slides, swings and climbing structures. The play area is gated, and you can watch your children play while you rest on a bench under the shade of the nearby trees. sandy Springsga.gov

Butler Park

1370 Athens St. SE, Gainesville
This 13-acre park boasts an adorable playground for small kids with slides, swings, cute ladybug and bumblebee spring riders and more. The spray ground opens Memorial Day weekend. hallcounty.org

Brook Run Park

4770 N. Peachtree Rd., Dunwoody
The playground and children's adventure garden has clusters of bright play structures with shades to hide from the sun. Separate structures for toddlers include slides, swings and a multicolored tunnel. dunwoodyga.gov

Toy Parks

Find a fun variety of ride-on, push toys, trucks and more at these local parks.

- **Ashford Park.** 2980 Redding Rd. NE, Brookhaven, explorebrookhaven.com
- **Decatur Toy Park.** 601 W. Ponce de Leon Ave., Decatur, decaturdisciples.org
- **Orme Park.** 795 Brookridge Dr. NE, Atlanta, vahi.org

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Smart Parents Shop Resale

Stretch Your Budget and Keep Kids Well Dressed with Consignment Shopping

by Emily Webb

Children grow fast — sometimes overnight — and keeping up with their ever-changing wardrobes can feel like a constant (and expensive) race. Resale shopping offers a smarter, more sustainable way to dress kids without sacrificing quality or style. From barely worn baby clothes to durable playtime favorites, secondhand finds make it possible to save money, reduce waste and still keep closets stocked for every growth spurt. Plus, you can clear clutter and make some money when you consign from your own closets.



Once Upon A Child, Austell

Consignment Shopping Around Atlanta

Metro Atlanta is home to many consignment stores and sales. “Sweet Repeats is special, because it has been in Buckhead for more than 40 years,” says owner Leigh-Ellen Fitzgerald. “It is the oldest running children’s and maternity consignment shop in Atlanta. It is a fun shop with new arrivals every day.” Resale and consignment shops help consignors make money and offer high quality items to shoppers at a discounted price. Sellers receive a percentage of the sales price, so these shops are a win-win for the store, the consignor and the buyer. Semi-annual consignment sale, Kidsignments, started more than 30 years ago. “My son wore something, he’d outgrow it, and I’d put it in the next sale,” says owner Jeri Lynn. “Resale expands the life of these items.” Secondhand means a second life for items, not that they aren’t worth having. “There is a misconception that you are compromising on what you get,” says Tracie Poole, owner of Once Upon A Child, a resale store in Austell. “We have an exhaustive assessment process. We’re not going to buy things we wouldn’t put on our own children.” These stores have a great assortment of inventory as items move in and out, so you can shop a new selection often. Sales are seasonal, typically twice a year, for updating your child’s wardrobe.

“Sweet Repeats receives more than 100 clothing items daily that are processed and put out on the floor to sell,” Fitzgerald says. “We get all the brands from Target to boutique, and every item is in excellent condition. We also post some of the specialty items on our online store.” With resale, the consumer gets a good price for a nice item. You can buy more, and you can afford higher-end items that may usually be out of your reach. “We’re all on a budget and looking for ways to stretch our budget,” says Sarah McGarl, owner of Rhea Lana’s of North Atlanta, a seasonal children’s consignment event. “You can come to an event like ours, where clothing is 60%-90% off retail prices. You can buy an entire season’s wardrobe for \$150. You can get quality and quantity at our events.” These stores and sales offer a one-stop shop for all your child’s needs from clothes to shoes to baby equipment to toys. Often, there is also an area for expecting mothers. “You can both buy and sell at the same time,” Poole says. “You can come in with some of those gently used kids’ items, and we can either give you cash on the spot, trade for something in the store or get a store credit for a future purchase. You walk away purging your home and coming away with things you would have paid more for at a retail store.”

How to Shop

Shopping consignment is smart at any age, but especially when your child is going through a growth spurt. Poole knows the power of shopping resale. “I was a parent shopping at these types of stores before I was an owner, because I have a 7-year-old whose father is 6’9”, and she’s growing like a weed! I bought shoes and within weeks, she would outgrow them.” The first time you visit one of these stores or sales, you may be overwhelmed, so take in the space and the layout before you start shopping. Rhea Lana’s of North Atlanta has two spaces next to each other. “We’re bigger than what a Toys”R”Us was, and we have more inventory than a Target or Walmart,” McGarl says. “We have everything you would need if you’re a mom or expecting.” Sales often offer special ticketed admission before the space opens to the public. “Go early to get the best selection and deals,” McGarl says. “What you pay in the ticket, you will make up for in the savings. At our event, you can bring one guest, so you can split the ticket cost with a friend, shop the boutique brands you want, get the best selection of clothing and shoes, and have the best dressed kids in Atlanta, because you shopped before everyone else.” At Kidsignments, helpers shop first. “Workers prescreen items to make sure only quality items are available,” Lynn says. Bring your own bag or wagon, as most sales don’t provide bags. Bring water and a snack, wear comfortable shoes and leave your kids at home with a babysitter. McGarl recommends drawing an outline of your child’s foot, as shoe sizing can vary. Based on the selection of stock and the price points, you may have a hard time focusing. “It can be so tempting to find more than you need,” Lynn says. Unlike retail stores or online shopping, where you have to search and filter for what you need, clothes are organized by size, so all of the items are grouped together. “I could easily find too much clothing that I ‘need.’ Come prepared with a list, so you don’t overbuy.”



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Make the Most of Your Experience

- Allow time for browsing and shopping around to compare items and pricing.
- If you see something you like, buy it! It might not be there later.
- Shop regularly, as inventory changes frequently and seasonally.
- Returns may not be accepted — check store policies.
- Follow your favorite store’s social media accounts for more information on methodology, discounts and specials.
- Visit stores and websites to find the right fit for you, and review their policies. Compare payment percentages for each store.
- Check for seasonal start dates, and review what pieces the store is or isn’t accepting. Clothes are seasonal at both shops and sales.
- Presentation counts. Before trying to sell, examine your clothing for stains, rips, missing buttons, stuck zippers, smells and other flaws. Make sure any worn items are freshly laundered.
- Pin or store clothing or items that go together, such as a matching top and bottom set or the remote control needed for a toy car.
- Review the hours when clothing is accepted, and check to see if you need to make an appointment.
- Review your agreement. If you want unsold items returned to you, know the date you will need to pick them up, and write it down on your calendar. Clothing not picked up is often donated.



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Smart Parents Shop Resale

Sales usually have a half-off day, typically on the last day on many of the items left. On these days, you can stretch your money easily but be prepared for crowds. Sales and stores may offer special discounts on certain days or to certain families. Find information about these deals online.

Be aware of child safety whenever you are shopping. “Whether you’re buying resale or new, make sure you’re registering for recall alerts,” Lynn says. “Some baby equipment, like car seats, have an expiration date. See when the car seat was manufactured, even when you’re buying new. If it has a 5–6-year life span, but it’s been sitting on a shelf for a year, you won’t get the most longevity out of the item.”

How to Sell

Consignment makes it simple to rehome the items you no longer use and earn money for them. Each store has its own rules. Stores set their own pricing guidelines, so a consignor may make anywhere from 30%-60% off the sold item. Consignors may receive store credit or cash. Check websites to see what items are accepted or call the store to see what’s more likely to sell.

“It is so easy to sell at Sweet Repeats,” Fitzgerald says. “All one has to do is simply drop their clothes off anytime. They need to be folded neatly in a bag or box. The consignor receives 40% of each item that sells.”

At Rhea Lana’s of North Atlanta, consignors earn 35%-75%, and they also offer VIP Consigning for busy moms. “The items are barcoded, so they can follow the sales online and know how much they’re making. If they’ve made \$1,000 so far, they can go in and use that money as consignor credit to buy the next season’s wardrobe,” McGarl says. “We have a foster family and military family shopping day where families can get everything for free, so if consignors donate, they know their items are going directly to families in need.”

Before bringing in your clothes and items, make sure they are in the best condition.

“Come prepared with your clothes freshly laundered in a box, bin or bag. Don’t put it in a trash bag, because if you wouldn’t buy from a trash bag, neither would anyone else,” Poole says. “Put it in the condition of how you’d want to receive it.”

Equipment and toys will need to come with everything. “We do require folks put it together, so we know there’s no missing item. We need to see it’s in working condition before we can accept it,” Poole says. “We want to guarantee to the buyer that we have tested the equipment or toy, and it was ready to go.”

Sorting through what you already own is a big first step, especially if this is your first time consigning. “Sort items by what would sell for the most first, so you’re getting more bang for your buck for the time you’re spending, and you’re getting the big stuff out of your house,” Lynn says. “Price things what you would expect to pay. Don’t price with sentiment. If you have something very sentimental, keep it. If you bought something for \$50 and want \$50 for it, you’re probably not going to sell it.”



Where to Shop

- Chubby Cheeks Childrens Resale Store. 1641 S. Cobb Dr., Marietta. facebook.com/p/chubby-cheeks-childrens-resale-store-100083047885201
- Hand-Me-Up’s. 4448 Marietta St., Powder Springs. 770-439-8200. hand-me-ups.com
- Kid to Kid. Seven locations. kidtokid.com
- Once Upon A Child. 11 locations. onceuponachild.com
- Oolabe Kids’ Consignment Boutique. 11255 Woodstock Rd., Roswell. 470-258-4421. oolabega.com
- Plato’s Closet. 12 locations. platoscloset.com
- Sweet Repeats. 800 Miami Cir., Atlanta. 404-261-7519. sweetrepeatsatlanta.com

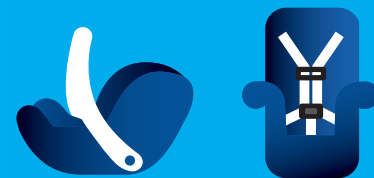
Upcoming Sales

- Kellytown Kids Consignment Sale. Feb. 18-20. kellytownkids.com
- Cumming First United Methodist Church Consignment Sale. March 1-7. cfumcga.com/consignment-sale
- SCC Preschool & Kindergarten Consignment Sale. March 4-7. facebook.com/sccconsignmentsale
- Tykes, Tots & Teens Sale. March 5-8. tykestotsteens.com/conyers-sale
- Rhea Lana’s of Cumming. March 8-14. cumming.rhealana.com
- All 4 Kids Marietta. March 10-14. all4kids.com



Rhea Lana’s of North Atlanta

- Rhea Lana’s of Decatur Druid Hills. March 15-21. decalur.rhealana.com
- All 4 Kids Woodstock. March 17-21. all4kids.com
- Rhea Lana’s of Cartersville. March 22-27. cartersville.rhealana.com
- Canton First Baptist Kids Consignment Sale. March 26-28. facebook.com/profile.php?id=100057630520584



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We're proud to celebrate our Wellstar pediatricians, nominated by Atlanta Parent readers for the extraordinary care they provide to children in our communities.



Melissa Boekhaus
WellStar Pediatric and Adolescent Center



Rogena Miller
WellStar Smyrna Pediatrics



Dr. Ana Combes Osacar
Wellstar Kennestone Pediatric Associates



Timothy Oswald
Wellstar Pediatric Orthopedics



Regina Robbins
WellStar KenMar Pediatrics



Nadine Thomas
Wellstar North Cobb Pediatrics



wellstar.org/kidcare



ATLANTA PARENT'S 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 powered by hol+, Atlanta and Johns Creek
- Aldridge, Sarah, MD**
Sandy Springs Pediatrics, Sandy Springs
- Avery, Rashida, MD**
Intown Pediatric & Adolescent Medicine, Atlanta and Decatur
- Babcock, Laura, DO**
Gwinnett Pediatrics & Adolescent Medicine, four Atlanta locations
- Basavaraju, Madhuri, MD**
Kaiser Permanente Panola Medical Center, Lithonia
- Bataille, Fredly, MD**
Intown Pediatric & Adolescent Medicine, Atlanta and Decatur
- Berenson, Gloria Ana, MD**
Dunwoody Pediatrics, Dunwoody and Alpharetta
- Bhatia, Taz, MD**
CentreSpringMD powered by hol+, Atlanta and Johns Creek
- Boekhaus, Melissa, MD**
Wellstar Pediatric Adolescent Center, Smyrna
- Braucher, Charles L. Jr., MD**
Piedmont Physicians at Resource Medical, Athens
- Brown, Lauren, MD**
Peachtree Park Pediatrics, Atlanta
- Bufe, Ashley, MD**
Children's Medical Group, Decatur
- Burnham, Brian D., MD**
Roswell Pediatric Center, Alpharetta and Cumming

- Cabrera, Greg, MD**
North Point Pediatrics, Alpharetta
- Cantrell, Clark, MD**
Summit Pediatrics, Marietta
- Cawley, Annalise, MD**
AGC Pediatrics, Cartersville
- Chegireddy, Nina, MD**
Intown Pediatric & Adolescent Medicine, Atlanta and Decatur
- Chin, Nicola, MD**
Morehouse Healthcare, Atlanta
- Chugani, Reshma R., MD**
Atlanta Children's Clinical Center, Atlanta
- Colden, Caroline, MD**
Tanner Health, Villa Rica
- Combes Osacar, Ana, MD**
Wellstar Kennestone Pediatric Associates, Marietta
- Darby, Scott, MD**
Gwinnett Pediatrics & Adolescent Medicine, four Atlanta locations
- Davis, Jenna S., MD**
Valentine Pediatric Group, Decatur
- Denney, Emily, MD**
Tanner Health, Carrollton
- Doyle, Jessica, MD**
Oakhurst Pediatrics, Decatur
- Eaton, Melissa G., MD**
Roswell Pediatric Center, Alpharetta and Cumming
- Faroqui, Mahnaz, MD**
Gwinnett Pediatrics & Adolescent Medicine, four Atlanta locations
- Ference, Megan, MD**
Atlanta Children's Clinical Center, Atlanta

- Fose, Whitney, MD**
Peach Blossom Pediatrics, Woodstock
- Gfroerer, Terrence, MD**
Dunwoody Pediatrics, Dunwoody and Alpharetta
- Gilman, Rachel, DO**
Gwinnett Pediatrics & Adolescent Medicine, four Atlanta locations
- Hammid, Saad, MD**
Greater Atlanta Pediatrics, Stone Mountain
- Harden, Torey, MD**
Cosmic Pediatrics, Newnan
- Hlobik, Andrea, MD**
The Pediatric Place, Alpharetta
- Ho, Laurette, MD**
Sandy Plains Healthcare, Marietta
- Homer, Ronald A., MD**
DeKalb Pediatric Associates, Tucker
- Hughes, Samuel, MD**
Dunwoody Pediatrics, Dunwoody and Alpharetta
- Jackson, Vanna, MD**
Sandy Springs Pediatrics, Atlanta
- Jacobsen, Sara, MD**
Gwinnett Pediatrics & Adolescent Medicine, four Atlanta locations
- John, Betsy, MD**
Children's Wellness Center, Atlanta
- Johnson, Wes, MD**
Gwinnett Pediatrics & Adolescent Medicine, four Atlanta locations
- Johnson, Yolanda, MD**
Gwinnett Pediatrics & Adolescent Medicine, four Atlanta locations

Cont'd on next page



- Kelly, Linda, MD**
Dunwoody Pediatrics, Dunwoody and Alpharetta
- King, David M., MD**
Children's Medical Group, Atlanta
- Kubagawa, Homare, MD**
Gwinnett Pediatrics & Adolescent Medicine, four Atlanta locations
- Lavania, Hiral, MD**
One Family Pediatrics, Cumming
- Metzig, Natalie, MD**
Northside Pediatrics, Sandy Springs and Woodstock
- Miller, Rogena, MD**
Wellstar Smyrna Primary Care Center, Smyrna
- Molock, Suzanne, MD**
Gwinnett Pediatrics & Adolescent Medicine, four Atlanta locations
- Muller-Dale, Stephanie, MD**
North Point Pediatrics, Alpharetta
- Norris, Jessica E., MD**
Children's Care Pediatrics, Atlanta
- Oduşina, Bolaji, MD**
Suwanee Pediatrics, Lawrenceville
- Philip, Tiji M., MD**
Northside Pediatrics, Sandy Springs and Woodstock
- Quisling, Yvette, MD**
Gwinnett Pediatrics & Adolescent Medicine, four Atlanta locations
- Reisman, A. Gerald, MD**
Dunwoody Pediatrics, Dunwoody and Alpharetta
- Robbins, Regina, MD**
Wellstar KenMar Pediatrics, Kennesaw
- Roberts, Lisa, MD**
Gwinnett Pediatrics & Adolescent Medicine, four Atlanta locations

- Roberts, Nikki, MD**
Cobb Pediatrics, Marietta
- Robertson, Sarah, MD**
Sandy Springs Pediatrics, Sandy Springs
- Sells, Deneta H., MD**
Intown Pediatric & Adolescent Medicine, Atlanta and Decatur
- Shepard, Alejandro, MD**
Intown Pediatric & Adolescent Medicine, Atlanta and Decatur
- Sherwinter, Julius, MD**
Dunwoody Pediatrics, Dunwoody and Alpharetta
- Shirazi, Kathy, MD**
Gwinnett Pediatrics & Adolescent Medicine, four Atlanta locations
- Shore, Steven L., MD**
Sandy Springs Pediatrics, Sandy Springs
- Silverman, Howard W., MD**
Roswell Pediatric Center, Alpharetta and Cumming
- Smiley, Susan, MD**
Gwinnett Pediatrics & Adolescent Medicine, four Atlanta locations
- Smith, Shayna, MD**
Flourish Pediatrics, Sandy Springs
- Spandorfer, Pip, MD**
Focus Pediatrics, Atlanta
- Steele, Sharon, MD**
Gwinnett Pediatrics & Adolescent Medicine, four Atlanta locations
- Stickney, George, MD**
Gwinnett Pediatrics & Adolescent Medicine, four Atlanta locations
- Stolle, Ashley, MD**
Gwinnett Pediatrics & Adolescent Medicine, four Atlanta locations
- Strauss, Peter, MD**
Kennesaw Pediatrics, Kennesaw
- Sudhi, Sushma, DO**
Tanner Health, Carrollton
- Taylor, Jennifer L., MD**
Roswell Pediatric Center, Alpharetta and Cumming

- Thomas, Priya, MD**
Mindful Pediatrics & Adolescent Medicine, Johns Creek
- Thomas, Nadine, MD**
Wellstar North Cobb Pediatrics, Kennesaw
- Torres, Alejandro, MD**
Dunwoody Pediatrics, Dunwoody and Alpharetta
- Viswanadham, Madhuri, MD**
Dare2Care Pediatrics, Alpharetta
- Washington, Keyana, MD**
Gwinnett Pediatrics & Adolescent Medicine, four Atlanta locations
- Wells-Jarrett, Estonna, MD**
Sandy Springs Pediatrics, Atlanta
- Widjaja, Courtney, MD**
Gwinnett Pediatrics & Adolescent Medicine, four Atlanta locations
- Wilburn, Kelly, MD**
Dunwoody Pediatrics, Dunwoody and Alpharetta
- Wilson, Katherine M., MD**
Children's Care Pediatrics, Atlanta
- Wilson, Brittany, MD**
Lighthouse Pediatrics, Atlanta
- Works, Kimberly, MD**
Pediatric Works, Atlanta

PEDIATRIC SPECIALISTS

- Blumenthal, Jeffrey, MD**
GI Care for Kids, Atlanta and Alpharetta
- Manley, Suzy, MD**
Pediatric Neonatology of Georgia, Villa Rica
- Manos, Cynthia K., MD**
Children's Healthcare of Atlanta Children's Physician Group—Rheumatology, Atlanta
- Nguyen, Mandy, MD**
Pediatric Neonatology of Georgia, Villa Rica
- Oswald, Timothy, MD**
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Dr. Taz, the founder of CentreSpringMD powered by hol+, is board-certified in Integrative Medicine and a practicing pediatrician since 2000. She continues to lead and mentor the pediatric team at CentreSpringMD powered by hol+.

Dr. Vandita Acharya is a board-certified Pediatrician and former Assistant Clinical Professor of Medicine at Vanderbilt University, where she served as staff pediatrician in their pediatric after-hours clinics. She is committed to finding and treating the root cause of illness with a special interest in pediatric mental health, PANS/PANDAS, allergies, asthma, and eczema.

Isabela Castro Sucre is a board-certified PNP-CP and has seven years of experience prior to CentreSpringMD powered by hol+ in NI/ICU, Pediatric CICU, and PICU, developing advanced assessment skills.

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Priya Thomas, MD

Dr. Priya Thomas is a board-certified pediatrician and the founder of Mindful Pediatrics and Adolescent Medicine, where she is known for her compassionate, family-centered approach to care. With dual board certifications in Pediatrics and Lifestyle Medicine, Dr. Thomas offers a holistic, evidence-based approach to children's health, focusing on prevention, wellness, and long-term well-being.

She is also an International Board-Certified Lactation Consultant (IBCLC), reflecting her dedication to supporting breastfeeding families and promoting healthy infant development.

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Dr. Coxhead

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Dr. Reisman, Dr. Berenson, Dr. Gfroerer, Dr. Kelly, Dr. Wilburn, Dr. Torres and Dr. Hughes are honored to be nominated among their peers for the 2025 Mom-Approved Doctors.

Dr. Gerald Reisman recently retired after 40 years of service. Dunwoody Pediatrics congratulates him on his wonderful career and the legacy of care he built. In August, they will welcome Dr. Cort Coxhead to their team of physicians.

Dunwoody Pediatrics' areas of expertise include Pediatric Nutrition, Obesity, Asthma care, ADHD, Hypertension and Gastroenterology. All physicians are Board Certified in Pediatrics and Fellows of the American Academy of Pediatrics.

They offer Saturday morning sick clinics, telehealth visits for certain conditions, travel visits and free prenatal interview appointments, both live and virtual. For more information about their providers, office hours and locations serving Dunwoody, Alpharetta, Roswell and Cumming, visit DunwoodyPediatrics.com.

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Whitney Fose, MD



After 15 years of practicing medicine, Dr. Whitney Fose created a new type of practice out of a passionate desire to provide a better style of care for patients. Peach Blossom is a Direct Primary Care practice providing families with monthly membership options that include unlimited, unhurried well child-care, chronic illness management, acute care visits and 24/7 access to the pediatrician via talk, text or email. In-home visits are also available, which can be particularly beneficial during the newborn period.

Dr. Whitney received her undergraduate degree from the University of Illinois at Urbana-Champaign and her Medical Degree from Rush Medical College. Dr. Whitney is also a board-certified lactation consultant and is passionate about incorporating this knowledge into her care for newborns. She takes pride in practicing holistic, child-centered care that meets children and families where they are.

Peach Blossom is now accepting new patients! Book a complimentary meet-and-greet with Dr. Whitney to learn more about the practice, membership options and how your family can benefit from Direct Primary Care.



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Intown Pediatric & Adolescent Medicine, P.C.



Denita H. Sells, MD Fredly Bataille, MD



Nina Chegireddy, MD Alejandro Shepard, MD



Rashida Avery, MD

Intown Pediatric & Adolescent Medicine was founded by Dr. Sells in 2006 to provide warm, friendly and excellent care for the growing population of in-town families. Since then, the practice has grown to three locations and each provides children and parents with a comfortable, friendly environment. Their three locations include Glenwood Park, Brookhaven and their newest Decatur location, which is open on select days.

Dr. Avery and Dr. Shepherd joined the practice in 2021 and the Intown Pediatrics team welcomed Dr. Chegireddy in 2023 to their growing practice.

The mission of Intown Pediatrics is to be a true "neighborhood" practice by being involved in community activities, offering convenient appointment times and after-hours advice to concerned parents. Intown Pediatrics has 13 pediatric clinicians committed to partnering with families to foster the healthy growth and development of their children, while striving to be easily approachable and communicative.

The entire staff at Intown Pediatrics is dedicated to providing comprehensive and informative care for each patient. Visit IntownPediatrics.com today and learn more about their team and all they can offer your family as they develop a "provider-parent" partnership with you.

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