

Resources for Resident Parents

All of these recommendations were made by physician mothers who have been/are currently residents at UT. Hopefully it helps you as you navigate this difficult and wonderful time in your life. We are here, and we support you.

Daycare – Where you choose will largely depend on where you live, who will be the primary person picking up and dropping off, etc. I do recommend somewhere closer to work than home as most daycares have a strict late policy enforced with fees. I believe all these places do 6wks to pre-K. They vary a bit on price.

- Union Avenue Baptist: <https://www.unionavenue.org/daycare>
 - o This is who we have used for both our children and we love them.
- Lindenwood: <https://www.lindenwoodchildcare.com/>
- Foreign Language Immersion Childcare Center: <http://www.fliccmemphis.com/>
 - o Full Spanish immersion
- Mi Escuelita <http://www.miescuelitamemphis.com/>
 - o Spanish immersion in East Memphis
- Christ Methodist Day school: <https://choosecmds.org/>
- Little Harding Academy: <https://www.hardingacademymemphis.org/arts/little-harding>
- Memphis Parent Nanny Connect:
<https://www.facebook.com/groups/memphisparentnannyconnection/>
 - o We have had residents find nanny's here then verify their credentials on care.com

Hospital Lactation Rooms/Pumping resources– This is an ever changing (in a positive direction) situation. Let us know if you find more pump rooms and we will add them to the list.

- Le Bonheur
 - o Main Hospital:
 - Lactation rooms on 9th floor and 11th floor
 - Two in each room with one hospital grade pump available.
 - Sink available, but no microwave or fridge.
 - 8th floor – ask Peds chiefs
 - 4th floor NICU in Pod A (across from physician workroom) and Pod D.
 - Has microwave, sink, and 2 Symphony pumps
 - PICU
 - Before room 1
 - o Microwave, sink, chair, pump available
 - o Research Tower:
 - 1st floor: “Mother’s Room” by back elevators (code 75559)
 - 6th floor: Multiple resident/medical student call rooms
 - o Outpatient Center:
 - Lactation room on 1st floor in waiting room of ID clinic
 - Key is with the workers at the front desk

- Has a nice glider and hospital grade Medela Symphony pump (bring your own parts)
 - Room is frequently occupied and can run a little warm. Bring something to drink!
 - Symphony pump attachments can be purchased from Le Bonheur outpatient pharmacy for ~\$40
- Regional One Health
 - Lactation room across from NICU
 - 2 hospital grade pumps, fridge, microwave, and sink
 - Resident call room in NICU and MICU
 - GICU has pump room, ask charge nurse
 - Fridge in room as well as a shelf to store your stuff. Microwave/sink is in the staff lounge
 - Adams Building
 - 6th floor – A638 has a sink and no one is ever there
 - Refrigerator for Human Milk and Pump Parts located in Stollerman Library in Adams 5th floor
- St. Jude – They have a campus map of mother’s rooms, security should be able to give you one, they are also located in the pumping rooms
 - Mother’s room on each floor of the hospital
 - Symphony pumps are available, but need to bring own attachments
 - Call rooms are very private, and you can definitely pump in them
- VA
 - Medela Symphony hospital grade pump and refrigerator/microwave in both lactation rooms
 - Can purchase [Medela Symphony parts](#) for use.
 - Cody Giovannetti (brooklyn.giovannetti@va.gov or 523-8990 x6030) is an IBLCL and RD that can help with troubleshooting the lactation room or pump.
 - Main hospital
 - Room F406: 4th floor across from the resident workrooms
 - Code: press 2 and 4 simultaneously then 3
 - Call rooms in the resident snack area. You can lock the doors and you have access to a bathroom.
 - Women’s Center
 - Room 5206B 2nd floor – ask the security guard for a key. There is a fridge/microwave in there and a bathroom across the hall for a sink
- MUH
 - Resident Workroom
 - Small room across from the chief office with comfy chair
 - Refrigerator for human milk and pump parts located in the lactation room, microwave is in the lobby by the attendings offices, bathroom is next door
 - Schorb – 7th floor
 - S7149, no key required. Unsure about fridge/sink/microwave

- Thomas
 - T105 by the administration offices
 - Key is required from the admin front desk
- Baptist
 - First floor of the hospital area near the treadmill area
 - Call ahead of time and ask for directions from the GME office there

Breast Pump and Lactation Support

- Breast pump through Cigna (Current Policy as of 3/2021):
 - Request at 28 weeks/7 months gestation or later
 - One breast pump per pregnancy
 - A prescription is not required for: manual, single electric, or a double electric breast pumps or pump parts
 - A prescription is required for hospital grade pumps (easy to do through many websites such as [this one](#)); hands free electric not currently covered
- IBLCL: Cigna does not have credentialed lactation consultants
 - Breastfeeding/lactation support and counseling are covered after the birth of the child while at the hospital or as the postpartum office visits that occur after the child's birth
 - Breastfeeding counseling and support services may be provided at a separate encounter either in an office, outpatient visit or home setting when reported with preventive medicine individual or group counseling service codes (99401 – 99404, 99411-99412) or Lactation Classes (S9443)
 - Lactation consultants must be billed under licensed medical professionals in order for services to be considered.
 - Tennessee Breastfeeding Hotline: 855-4BF-MOMS
 - Shelby County Breastfeeding Coalition

OBGYN recommendations

- Engbretson Center for Women
 - Dr. Shannon Malone
 - Dr. Laura Engbretson
- Women's Health Specialists
 - Dr. Vanessa Givens
- Memphis Obstetrics & Gynecological Association (MOGA)
 - Dr. Helena Shannon
 - Dr. Jason Mullenix
- Ruch Clinic
 - Dr. Kristal Taylor

Pediatrician recommendations

- Pediatrics East
 - o Dr. Daniel Chatham
 - o Dr. Melanie Smith
 - o Dr. Brennan Lum
 - o Dr. Andy Irwin
- Pediatric Consultants
 - o Dr. Meg West
 - o Dr. Blake Bergeron
 - o Dr. Jeffrey Smith
- Yukon Clinic
 - o Dr. Catherine Chidester
- Memphis Children's Clinic
 - o Dr. Jennifer Hidinger

Used Clothes – Because the resident salary only goes so far...

- Kidstown Consignment: <https://consignkidstown.com/>
 - o They usually do two sales/year where you can buy gently used items for literally anything baby/child related. They also always have two ½ price days which are awesome
- Rhea Lana: <https://www.rhealana.com/>
 - o They have events all over the country, but one of them is in the suburbs of Memphis. They also have a ½ price day that is great

Parental Leave Policies

- [UTHSC GME Policy](#)
- [ABIM Policy](#)
- [ABP Policy](#)