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](https://www.unionavenue.org/daycare)
  - This is who we have used for both our children and we love them.
- Lindenwood: [https://www.lindenwoodchildcare.com/](https://www.lindenwoodchildcare.com/)
  - Full Spanish immersion
  - Spanish immersion in East Memphis
- Christ Methodist Day school: [https://choosecmds.org/](https://choosecmds.org/)
- Little Harding Academy: [https://www.hardingacademymemphis.org/arts/little-harding](https://www.hardingacademymemphis.org/arts/little-harding)
- Memphis Parent Nanny Connect: [https://www.facebook.com/groups/memphisparentnannyconnection/](https://www.facebook.com/groups/memphisparentnannyconnection/)
  - 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
  - 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
        - Microwave, sink, chair, pump available
  - Research Tower:
    - 1st floor: “Mother’s Room” by back elevators (code 75559)
    - 6th floor: Multiple resident/medical student call rooms
  - 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. Unsere 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
  - Dr. Daniel Chatham
  - Dr. Melanie Smith
  - Dr. Brennan Lum
  - Dr. Andy Irwin
- Pediatric Consultants
  - Dr. Meg West
  - Dr. Blake Bergeron
  - Dr. Jeffrey Smith
- Yukon Clinic
  - Dr. Catherine Chidester
- Memphis Children’s Clinic
  - Dr. Jennifer Hidinger

**Used Clothes** – Because the resident salary only goes so far...
- Kidstown Consignment: [https://consignkidstown.com/](https://consignkidstown.com/)
  - 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/](https://www.rhealana.com/)
  - 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](#)