



*New Physicians  
AND  
New Parents*

A webinar hosted by IAFP Board Members



ILLINOIS ACADEMY OF  
FAMILY PHYSICIANS

February 21, 2023  
Welcome!  
Make sure your mic is muted!

We have 3 Poll Questions  
to get to know who you are!

# AGENDA (Who has time for an agenda?)

Share the stories/status of some current board members

Lessons they learned

Resources they recommend

Tips and hacks for you and your significant other

Support for everyone!

Upcoming IAFP events and Opportunities

Session is recorded and will be shared (in case you get called away!)

# Noorain Akhtar, MD



## **Swedish / NorthShore Medical Group**

16 month old - Sahar (Suh-hair)

Spouse is a surgeon

## **RECOMMENDED RESOURCES**

What to Expect when You're Expecting - to track pumping/feeding

Care.com/SitterCity.com,

Your network (place of worship, etc) to find recommended nannies, mother's helpers

Diapers.com or Target - gift cards with purchase, exchange sizes

To Do app - I like checklists -> OneNote with sections, can take work/home/to do's with you and keep updated on multiple devices

Physician Mom and other local mom groups on Facebook for local resources

Your local library/park district/schools for camps/classes

# Josh Carpenter, MD - Board Member



Hospitalist - OSF St Mary Medical Center, Galesburg, IL

Knox, 4; Cecilia 2 mo

Attending Physician/President of Medical Staff

Knox was born at 30 weeks with 4 weeks of NICU time

Allison (spouse) is Active Duty Air National Guard, requires some travel

## RECOMMENDED RESOURCES

- Mom's on Call was our go to for a schedule and early "what to expect"
- Sam's membership saved us a lot of money - Knox preferred their knock off formula
- Allow Dr. to take a back seat to Mom/Dad roll
- We loved the ease of Uppababy stroller and car seats
- Talk with your medical staff - they have been there and have great resources.
- Schedule together and alone time.

# Rebecca Maddrell, MD



## New Physician Board Member, Class of 2023

Loyola University Health System, Assistant Professor

3 y/o son (Blake) and 14 week old daughter (Emily)

- Had Blake during my Chief residency year and Emily now:)
- Husband is an accountant, works primarily from home

### Tips:

- Say yes to help :)
- Connect with mom friends and physician mom friends (or dad friends)
- Discuss plans for parental leave/return to work/pumping early (HR, medical director, other moms at your clinic)
- Dr. Milk (facebook group)
- Connect with parent groups (Mommail for selling things, local activities, library, child care)
- Child care IS CHALLENGING, helps us to live around family and that my partner works from home.
- IT IS HARD AND AMAZING AND WONDERFUL!

# Eric Sullivan, MD - IAFP New Physician Board Member



**Rush University, Lincoln Park, Chicago**

Theresa, 1 year old

Wife (Irene) is a federal lawyer with regular work hours and flexibility to work from home a couple days a week

## RECOMMENDED RESOURCES:

Books - Cribsheet & Expecting Better by Emily Oster; Bringing Up Bebe (Druckerman)

Taking Cara Babies (video classes)

# Mustafa Alavi, MD - IAFP Board Member



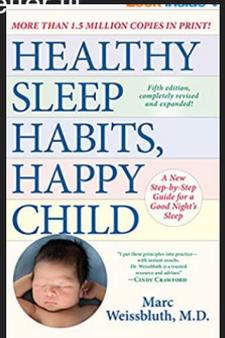
**Erie Family Health Center - Evanston**  
**Co-site Medical Director / Delivering Family Physician**  
**University of Chicago Clinical Assistant Professor**

Son Aiden, 18 months - born 9/3/2021

Wife Amy and I both work full-time. We have used daycare since ~ 6 months. I split my FMLA leave to be part time for months 4-6 to extend time before daycare. Now in daycare 3-5 days a week.

Switched daycares ~15 months and found a better fit

RECOMMENDED RESOURCES:  
Healthy Sleep Habits, Happy Child  
Cribsheet & Expecting Better



# Anna Shannahan, MD



Core Faculty at Northwestern Family Medicine Residency at Lake Forest (precepting residents at Grayslake)

-Associate Director of Education at the Osher Center for Integrative Health at Northwestern (clinic in downtown Chicago)

Children:

-2.5yr old boy (Alexander) & 1yr old boy (Jack)

-We had #TwoUnderTwo! (It was planned)

Husband Ryan is in real estate development, works in person  
Alexander attends a Montessori school most days of the week

Currently doing telehealth some days to allow more time to be at home & nurse at home, we have a nanny that takes care of Jack to make this work!

# Kristina Dakis, MD



## **Rural Family Medicine with Surgical Obstetrics**

Gibson Area Hospital

*Previous Student, Resident, and Board Member*

Daughter Rylie (15 months)

- Demanding (almost) 24/7 OB call
- Spouse mostly stays at home
- First physician to take maternity leave at our hospital in 14 years

## **RECOMMENDED RESOURCES**

- Follow your gut :)

## **LESSONS LEARNED**

- Set Boundaries
- Lean on Your Support Network
- Take the Time You Need
- It's Okay to Not Go By The Book
- Control What You Can
- Take Care of Yourself

## Tips from Dr. Akhtar

- Preparation is key - meal prep, lay out clothes, pack lunch the night before
- Have a support system and use help especially those first few weeks
- Delegate tasks you don't need to do yourself, divide and conquer with SO
- Don't try to be perfect - redefine expectations of yourself
- If possible (not as easy in residency), take the time off you need - not everyone bounces back at 6 weeks
- Sleep Train!

## Tips from Dr. Akhtar

- Start thinking about estate planning - living wills, guardians, trust, etc.
- Get your child their own doctor - great to have the knowledge to triage but don't be afraid or feel embarrassed to ask for help
- Some days will be messy and that's okay
- Make time for yourself - daily if possible
- Trust your instincts - no life or child will be the same
- Kids have different needs at different ages
- Create routines and schedules for younger kids
- Kids work on their own schedule - roll with it
- Quality time > quantity of time

## Tips from Dr. Carpenter

**For Dads:** The most rewarding thing I did early on was become a “pump master”. I was responsible for setting up all materials for pumping and storage of milk. Since Knox was in NICU this was crucial and allowed me to feel like I was taking a more active role. I urge you to find that niche in your relationship, it helps with bonding and your partner will appreciate it

**For Moms:** Expect to struggle with the contrast of motherhood and busy life/occupation. Find people you look up to and know and talk about it. Don't be afraid to cut back to achieve balance - that balance will be uniquely yours so don't gauge your needs by comparing yourself to others.

# Tips from Dr. Alavi

## Dads:

- It also helped me and my wife a lot to have me as the designated “poop master” and also the banker of all the breast milk
- It also helped me tremendously in relating to my many prenatal patients! Juggling pumping, newborn care, and working is tough!
- Ceres Chill → amazing breast milk storage container

Free time is precious! Every minute with your child is precious, but so is the time when your child is still asleep in the morning or taking a nap! Make sure to take time for yourself and your partner AND be willing to compromise with your partner (i.e. for our family, we negotiate which day someone will “do the morning shift” on the weekends while the other may work out)



FSA/HSA Eligible

# Tips from Dr. Shannahan

Outsource household tasks to our nanny (i.e. laundry, washing dishes, cleaning house) to allow us more time with the kids

Helpful Items:

- "12 Hours by 12 Weeks" Book - Worked like a charm for both our boys! Be aware some information is outdated.
- Taking Cara Babies (online sleep courses)
- "Bringing Up Bebe" Book - the Le Pause tip is a lifesaver

Check out our list of compiled resources and products across many categories!



# MORE Tips from Dr. Shannah!

Item	Brand	Link	My Comments
Prenatal vitamins	Organic of Life Raw/Organic	<a href="https://www.amazon.com">https://www.amazon.com</a>	Love that the vitamins are organic & contain a lot of minerals than some others, & they never made me feel nauseous. The only downside are no omega 3's (see below) & you have to take 3/day (they have a 1/day version but it's more expensive)
Organic Oil	Norfolk Natural Prenatal	<a href="https://www.amazon.com">https://www.amazon.com</a>	Love that the vitamins are organic & contain a lot of minerals than some others, & they never made me feel nauseous. The only downside are no omega 3's (see below) & you have to take 3/day (they have a 1/day version but it's more expensive)
Instant Carrot	Upstate Valley	<a href="https://www.amazon.com">https://www.amazon.com</a>	Organic carrots (which we use in the house too) that included features & accessories, easy to use, good quality one burster/strainer & even has 3 ports. Can accommodate 3-3oz wild on.
Convertible Car seat	Elbow Advocate 3 Boulevard	<a href="https://www.amazon.com">https://www.amazon.com</a>	After Alexander grew out of the Mesa, we did a second research (I feel free to ask for the spreadsheet haha), these are some of the best rated by CR & others, & he likes them (We have 1 in each car) of the two best weighted road bar.
Stroller	Upstate Valley V2	<a href="https://www.amazon.com">https://www.amazon.com</a>	Individual brand (which we use in the house too) that included features & accessories, easy to use, good quality one burster/strainer & even has 3 ports. Can accommodate 3-3oz wild on.
Washer/Dryer Inset	Upstate Valley	<a href="https://www.amazon.com">https://www.amazon.com</a>	So nothing, no need for an electronic seat. You can put it anywhere around the house. Ergonomically friendly. (Bunkers/seats are not good for baby's development)
Bouncer	Baby Bjorn	<a href="https://www.amazon.com">https://www.amazon.com</a>	So nothing, no need for an electronic seat. You can put it anywhere around the house. Ergonomically friendly. (Bunkers/seats are not good for baby's development)
Bedsheet	Strawguy	<a href="https://www.amazon.com">https://www.amazon.com</a>	So nothing, no need for an electronic seat. You can put it anywhere around the house. Ergonomically friendly. (Bunkers/seats are not good for baby's development)
Shampoo/body wash	Ever Eden, F Beauty Brands	<a href="https://www.amazon.com">https://www.amazon.com</a>	So nothing, no need for an electronic seat. You can put it anywhere around the house. Ergonomically friendly. (Bunkers/seats are not good for baby's development)
Nail care	2018/212 Electric Nail Trimmer	<a href="https://www.amazon.com">https://www.amazon.com</a>	So nothing, no need for an electronic seat. You can put it anywhere around the house. Ergonomically friendly. (Bunkers/seats are not good for baby's development)
Nail care	Healthline	<a href="https://www.amazon.com">https://www.amazon.com</a>	So nothing, no need for an electronic seat. You can put it anywhere around the house. Ergonomically friendly. (Bunkers/seats are not good for baby's development)
Milk	Walden Fresh	<a href="https://www.amazon.com">https://www.amazon.com</a>	So nothing, no need for an electronic seat. You can put it anywhere around the house. Ergonomically friendly. (Bunkers/seats are not good for baby's development)
Diaper/wipe	Sally Wipe	<a href="https://www.amazon.com">https://www.amazon.com</a>	So nothing, no need for an electronic seat. You can put it anywhere around the house. Ergonomically friendly. (Bunkers/seats are not good for baby's development)
Center	Erigastley 200	<a href="https://www.amazon.com">https://www.amazon.com</a>	So nothing, no need for an electronic seat. You can put it anywhere around the house. Ergonomically friendly. (Bunkers/seats are not good for baby's development)
Bin	2018/212 with Food Catch	<a href="https://www.amazon.com">https://www.amazon.com</a>	So nothing, no need for an electronic seat. You can put it anywhere around the house. Ergonomically friendly. (Bunkers/seats are not good for baby's development)
Pack and Play	Graco	<a href="https://www.amazon.com">https://www.amazon.com</a>	So nothing, no need for an electronic seat. You can put it anywhere around the house. Ergonomically friendly. (Bunkers/seats are not good for baby's development)
Highchair	Bibba's Treez Trapp	<a href="https://www.amazon.com">https://www.amazon.com</a>	So nothing, no need for an electronic seat. You can put it anywhere around the house. Ergonomically friendly. (Bunkers/seats are not good for baby's development)
<b>Books/resources</b>			
Pregnancy info	Mayo Clinic: Guide to Pregnancy	<a href="https://www.mayoclinic.org">https://www.mayoclinic.org</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Baby book	Bringing up Bebe by Pamela Druckerman	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Sleep Training	12 Hours Sleep by 12 Weeks Old	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Sleep Training	Taming Your Baby's Sleep	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Other Good Books	How to Succeed in Childcare	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Other Good Books	The Danish Way by Alexander & Sanden	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
<b>Stops</b>			
Crib	Fabery-Born-Kids - Kendall	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Stroller	One 2 Twelve	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Lounger	Stroggale Organic	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Washer	Walden Fresh	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Sound Machine	White Noise	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
The Shusher	White Noise	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Head Light	White Noise	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
<b>Diapers</b>			
Diapers	Huggies	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Wipes	Honest Co.	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Changing mat	Stroller's Friend - Changer	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Diaper	Libbi	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Bag	Pathe Baby	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
<b>Labor</b>			
Painful birthing ball	Midland	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Tea	Traditional Medicinals Pregnancy Tea	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Palate Key P	Palate Key P	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Vaginal (Vulva)	Miki Bergen ("The Best Method")	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Vaginal Recovery	Miki Bergen ("The Best Method")	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
<b>Diapering</b>			
Pump	Spectra S1	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Multiplex cream	Upstate Valley	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Tea	Traditional Medicinals Mother's Milk Tea	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Soother	Lantern	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Nursing line	Dr. David's Breast Milk Pumping Accessory	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Nursing line	Dr. David's Breast Milk Pumping Accessory	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
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Nursing line	Dr. David's Breast Milk Pumping Accessory	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Washer/D	Detent's	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Bottle	Avent, Dr. Brown's	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Milkline	Upstate Valley	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Pump Bag	Swan Milk "Nest" Bag	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
<b>Labor</b>			
Cup	Phlo	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Space wrap	Phlo	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Baby gates	Phlo	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.
Baby gates	Phlo	<a href="https://www.amazon.com">https://www.amazon.com</a>	Best book on pregnancy! Tells everything in a matter of fact but non- scary way that's easy to understand.

Seriously!

Too many to list here! But some top tips are:

Connect with Dr. Shannah offline for more information about what's collected here!

# How would you like to stay connected?

IAFP has an e-list in the IAFP membership system where any IAFP member can self-subscribe and email everyone at once.

[Dr\\_Parents@iafp.memberclicks.net](mailto:Dr_Parents@iafp.memberclicks.net)

Resources will be added to this page “Dr. Parents” under Membership tab



The screenshot displays the IAFP website interface. At the top left is the IAFP logo, which includes a blue outline of the state of Illinois and a white silhouette of a family (two adults and a child). To the right of the logo, the text reads "ILLINOIS ACADEMY OF FAMILY PHYSICIANS" and "Devoted to Advocacy, Education & Action". On the top right, there is a "Member Login" button with a lock icon and a search bar with the placeholder text "Search our site...". Below the header is a navigation menu with the following items: Home, About IAFP, Membership (highlighted with a red circle), Education, Resources, Advocacy, Foundation, and Family Medicine Midwest. The main content area features a section titled "New Physicians and New Parents" with a red heart graphic and the text "New Physicians AND New Parents". Below this is a promotional banner for a webinar, with the text "A webinar hosted by IAFP Board Members". To the right of the main content is a "Quick Links" section with buttons for "IAFP Online Education Webpage", "Contact Us", "Career Center", "IAFP Annual Meeting", "Partners in Health", and "IAFP Blog". Below the quick links is a "Learn more about" section with a large orange button that says "Join AAFP".

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FAMILY PHYSICIANS  
*Devoted to Advocacy, Education & Action*

Member Login 🔒 Search our site... 🔍

Home About IAFP **Membership** Education Resources Advocacy Foundation Family Medicine Midwest

**New Physicians and New Parents**

*New Physicians AND New Parents*  
A webinar hosted by IAFP Board Members

[Register today for the 2023 Update Webinar](#) on tips and wisdom from IAFP New Physician Leaders who are new parents, too.

[Here is the link to the recording:](#) (Passcode: mK?8Y111)

[Link to the Google Slides](#)

**Quick Links**

- IAFP Online Education Webpage
- Contact Us
- Career Center
- IAFP Annual Meeting
- Partners in Health
- IAFP Blog

**Learn more about**

Join AAFP

# Upcoming Events - visit [www.iafp.com](http://www.iafp.com) for more info

Health (Equity) in ALL Policies - Webinar March 15. *Meets Illinois requirement for Implicit Bias training!*

Spring into Action - Lobby Days! Pick one: March 22 or 28 in Springfield. Registration is open. Free for Students and Residents. \$25 for Active members - CME Credit included!

*Practical Child and Adolescent Psychiatry for the Primary Care Physician* - Webinars in April and May details to come on the website

Essential Evidence Update Virtual Conference April 28 (Registration to open soon with discounted fees for New Physicians and Residents - free for Student members)

Foundation White Sox Game June 23 - tickets on sale now!



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# Visit the Career Center

Free for all job seekers

Filters for the job you seek

Post your resume anonymously and control who contacts you

Receive Job Flash emails 2x/Month

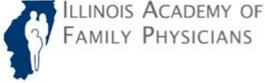
Lots of new Insights and Advice with career planning resources!

Free Resume Review Service

[www.iafp.com](http://www.iafp.com) - look for the Career Center button under Quick Links



# Career Center - Advice section for Seekers



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Employers

Job Seekers

Sign-in or Create Account

Career Planning

Insights

Advice

Coaching

Advice / Interviewing

Interviewing 22



Interviewing

Demystifying the hiring process



Marlo Lyons



Interviewing

12 Common Healthcare Interview Questions and Their Answers



Cooper Nelson



Career Coaching

Match with a dedicated Career Expert today who will guide you in career planning, resume building, negotiation, and interviewing.

[Schedule a Session Now](#)

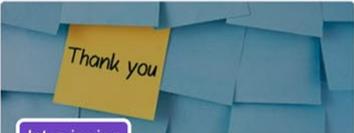


Interviewing

13 of the Smartest Questions to Ask a Hiring Manager



Lisa Tynan



Interviewing

The Importance of Saying "Thank You" After an Interview



Interviewing

Avoid These Common and Costly Interview Follow-Up Mistakes



Interviewing

Odd Interview Locations



Interviewing

How to Answer Why You Got Fired.

# Time for Q & A

Chat, Raise Hand, whatever works!  
Bonus if your kids interrupt you!

# THANK YOU

Keep in touch - Facebook, Twitter, Instagram

[www.iafp.com](http://www.iafp.com)

email: [iafp@iafp.com](mailto:iafp@iafp.com) (we can forward to any of the board members who presented)