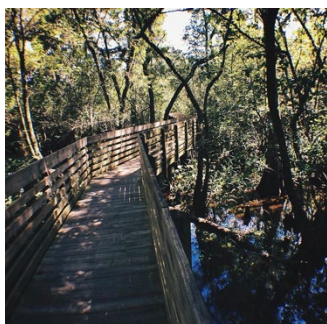




USF GME
Parents and
Family
Resources
(Advice from our
housestaff)



Some words of wisdom from our house staff...

How do I manage being a parent and being a resident/fellow?

“Make sure that you have a good support system in place. Unfortunately, you will not be there 24/7 but talk to your children about your schedule. Have your partner understand you have little control over your schedule, and they may have to be flexible when it comes to childcare.”

“Get a strong support group. It really takes a village. Make sure to cut yourself some slack. Having a new baby is a lot of work and no one is perfect at it.”

“Enjoy the time you have with the baby and try not to stress about the time you don’t.”

“Try your best... Be patient with yourself and remember that self-care is necessary in order to be a great parent for baby.”

“Get as much help as you can. Know that you are giving it your best! It’s ok to take a break. In fact, it’s a must, even if it takes some extra cash... If you are too exhausted, you won’t be able to give your best for the baby or the residency. Spend quality time with your baby even if it’s for a short while rather than spending longer time without your undivided attention. Prioritize your to-do list. Try to squeeze in a date night with your spouse at least once in a while!! :)”

“There is no such thing as a perfect parent. Do your best. Learn to be comfortable with saying “no” to requests that are not needed or don’t bring enjoyment. Be honest with your attendings about your responsibilities at home. Be efficient at work and organized... Keep a calendar/ planner. Catch up with sleep when you get a chance. Kids bring so much joy, it will all be worth it!”

Pregnancy



When should I start discussing pregnancy with my program?

The earlier the better, but whenever is comfortable for you and your partner. Some people recommend as early as the first prenatal visit. That way your program can make schedule adjustments to fit your needs.

Where do I find an OB/GYN?

There are many wonderful options around the Tampa Bay Area. USF does provide OB-GYN services that are covered by your insurance. If you do choose to pick a non-USF provider, remember to also make sure anesthesia is covered during your delivery. You can reach Michael Muniz at 813-258-0033 or muniz.michael@gmail.com to discuss health benefits coverage.

How do I coordinate OB-GYN visits when I am on rotations?

Discuss what works for your schedule with your program directors and attendings. Schedule your visits far in advance and during outpatient rotations, lectures, and electives and try to request late afternoon or early morning visits. If you do choose to go to a USF Ob-gyn physician, they can work around your schedule.

What are some other things I should discuss with my program director?

Keep open communication with your program director and attendings and be honest and open about your needs.

Things to discuss in advance with your program director include:

- What happens if I have to be on bed rest?
- What happens if I have any complications?
- How will pregnancy impact my graduation?
- What options do I have for rotations when I return?
- How much leave time do I get?

How much parental leave do I get?

You will receive 10 workdays of compensated parental leave per the birth and adoption of each child to be used within 90 days. Parental leave can be used in conjunction with vacation and sick days.

Where can I find parenting classes?

- Positive Parenting (<http://positiveparentingclassesforflorida.com/>)
- Hot Docs through USF (https://health.usf.edu/medicine/pediatrics/child_dev_neuro/hotdocs)

After Delivery



Where can I find lactation rooms when I am on rotations?

Site	USF	USF	USF	CAMLS	TGH	TGH	17 Davis	MCC	MCC	MCC	MCC	MCC	JAHVA
Building	Marshall Student Center	Morsani Clinic	The Well	CAMLS Student Resource Center	Mother Baby Unit	Health Park	17 Davis	MCC Main Hospital	Faculty Office Building (FOB)	Moffitt Research Center (MRC)	Moffitt Research Center (MRC)	McKinley Outpatient Center	James A. Haley VA
Room	2nd floor; MSC 2404	4th floor; MDH 4112	MDA 1125		4th Floor	Exam room 18/HP 131	1st floor; PEDS clinic	4th floor; #4039	2nd floor; Room #5.2315	1st floor; Room #1267A	1st floor; Room #1095	1st floor; Room #11.1110	7B-706
Access	Request at info desk		Request by email	Request key from Front Desk	Badge required		Request at info desk	Request at info desk					
Additional Information			For access this room, please email USFHealthSSS@health.usf.edu . Your email should include: Name, U#, Start Date - End Date.	First come first serve basis Refrigerator in room	For Staff Lactation Contact: 813-844-7613			Access if you are rotating at the main hospital and clinic building	Access if you are rotating on the research side.	Access if you are rotating at the McKinley campus.	Door code: press 2 and 4 at the same time, then press 8		

Advice for pumping during rotations?

Be open with your team about when you need to pump. Other recommendations from our house staff include

- By law, you are allowed to have time to breastfeed (about every 4 hours)
- Start pumping during the second week postpartum in order to build a supply and familiarize baby with bottles
- Create a schedule for pumping and practice the week before you return to work
- Invest in hands free pumping bras (Recommendations include Spectra S2, Freemies, Willows). Contact your insurance to discuss support for a breast pump and supplies. There are many options to consider, including hands free pumps.
- Invest in nursing pads the first week after maternity leave and after spending a weekend with your baby
- Join Physician mom's groups like "Dr Milk" and the Tampa Bay Breastfeeding Task Force (<http://www.tbbreastfeeding.org/>)
- Do not feel bad if you are unable to breastfeed or pump!

Childcare



How do I find a pediatrician?

It is important to find what works for you! Find a pediatrician who is responsive and understands your schedule. You can reach Michael Muniz at 813-258-0033 or muniz.michael@gmail.com to discuss health benefits coverage

- USF Pediatrics (Free with Insurance)
- USF Med-Peds (Free with Insurance)
- USF Family Medicine (Free with Insurance)
- Dr. Toni Richards Rawley, MD
- Dr. Amy Mason, BayCare
- Dr. Gwen Wilson and Dr. Carlos Pagan at Pediatric Health Care Alliance (\$10 copay and have good after-hours clinics)
- More recommendations at “Tampa Physician Mommies”
- More resources at childcare.gov

How do I coordinate last minute call changes or lack of childcare due to illness of a child?

Communication is key. Talk with your co-residents and chief early to set up a plan early. You can see if you can plan to have a co-resident that will back you up in advance. Call your chiefs as soon as you think your child could be sick. TGH “KidCare” if your child is mildly sick and cannot go to their regular daycare but is closed due to COVID. (<https://www.tgh.org/pediatric-kidcare-sick-child-day-care>)

Where can I find parent groups?

- Tampa Bay Breastfeeding Task Force (tbbreastfeeding.org)
- “PMG Physician moms’ group” on Facebook
- “Dr Milk” on Facebook

How do I find childcare?

Many of our trainees recommend to start looking earlier, visiting different childcare centers, reading reviews, and finding locations that are close to home and work to avoid drive time. Look for essential worker discounts and vouchers. Also pay attention to hours of operation and how that fits with your schedule. Check if the daycare provides food/milk/formula Here are some recommendations:

- Primrose schools (Tampa)
- Bright Horizons at TGH (long waitlist and TGH employees get priority)
- Bright Horizon at Moffitt (Residents are considered “contractors” and pay the community rates; Residents are not eligible for Moffitt employee discounts)
- Circle C Ranch (South Tampa)
- Bayfront Development Center (St. Pete)
- R Kids’ Club (St Pete)
- St. Paul’s Children’s Center (St. Pete)
- Hiring nannies (Care.com) or au pair (apply for essential worker exemption)
- Consider nanny share
- Location matters; Daycares in Brandon may be cheaper than South Tampa daycares or TGH
- More recommendations at Facebook “New Tampa Moms group”

Where can I find cost conscious children’s furniture, diapers, and/or formula?

Here are some recommendations from our house staff:

- Opt for brand wipes which are more cost effective
- Costco has cheaper diapers (Kirkland), wipes, and formula
- Amazon has a diaper discount
- Target occasionally has coupons for diapers in bulk
- Pediatricians may have samples
- Once upon a child has gently used children’s items and clothes
- Try to get donations from people who are done having kids
- The Snoo rocking baby cradles has a 40% discount as a physician if you buy directly from their website.
- OfferUp! has good deals
- IKEA Tampa
- “Mother of multiples group” has a yard sale twice a year

Family Life



What neighborhoods should I look into?

Find what works for you! Here are some recommendations from our house staff

- South Tampa is safe but is definitely more expensive
- Brandon Riverview has lots of park and family friendly neighborhoods. It is more of a commute
- In St. Pete
 - Historic Kenwood
 - Woodlawn
 - Old northeast (Can be expensive)
 - Euclid St. Paul's
 - Riser Park
 - Roser

What options do I have for schools?

Once again, for public schools, kids will go to the school they are zoned for. You can apply for magnet schools that have a lottery system or can look into “school choice” if you want your child to go to a school that they are not zoned for. More information here:

<https://www.sdhc.k12.fl.us/departments/95/hillsborough-choice-options/about/> Here are some recommendations from our house staff!

- In South Tampa, recommend Mitchell and Gorie
- In Brandon, Alafia Elementary and Winthrop Charter School
- Charter schools are also free

Check School “grades” here:

What are some after school activities, children's activities, or play groups my kids can join? (pre-COVID)

There are many kid and family friendly activities kids can do. Here are some suggestions

- Activities at local public libraries
- Hillsborough after school
- YMCA
- All songs for tots in Hyde Park

What are some family friendly activities I can do with my kids?

There are many family friendly activities around Tampa. Here are some recommendations

- Busch Gardens
- Lowry Park Zoo
- FL Aquarium
- The Children's Museum
- Disney Theme Parks
- Local Beaches (St. Petersburg beach, Clearwater, Siesta Key, Anna Maria Island, Fort de Soto)
- Local Parks (Ballast point park, Davis Island, Jackson Park, Julian lane river park, Curtis Hixon)
- Baby Bungalow <https://cfctb.org/program/baby-bungalow/>
- Arts Tampa Bay
- City of Tampa Recreation Centers <https://www.tampagov.net/parks-and-recreation/activities-recreation/recreation-centers>