

CELEBRATING PARENTHOOD

Pearls & Words of Wisdom from our Members

By *Jenny Murase, MD*

On having children...

"As the father of a two-month old, I now very much appreciate the adage 'everything changes when you have a baby'...I have made it a point to be helpful...and most importantly say 'yes, I'd love to' to all requests during these fun and challenging times."

— Benjamin Barankin, MD

...and grandchildren

"If you think that motherhood is great, just wait until you become a grandmother...it is the dessert of life!"

— Elizabeth McBurney, MD

A lullaby for WDS mothers and fathers after a sleepless night...

I want to feel the warmth of my mother
Each time the sun opens her eyes.
And I want to hear the voice of my father
Each time the moon whispers goodnight.
I learn and I grow, and this is all I know
That I'm safe, and I'm loved, and it's real.
With each passing day,
My childhood melts away.
But my family's love lives in me.
— Jenny Murase, MD

On raising children...

"Every minute you spend with your child counts. Every minute of time spent loving them and bonding with them rewards you several fold during your lifetime."

— Maryam Asgari, MD, MPH

"Sharing the evening meal together was always important as we raised our sons...as we called it 'dining, not just eating' has made for a close-knit family."

— Suzanne Connolly, MD

On balancing career and family...

"Take care of yourself even though you think you don't have time...The better you care for yourself, the better you will be able to care for your children."

— Lily Talakoub, MD

"It's not a matter of balancing when juggling is required."

— Sonia Badreshia-Bansal, MD



There is always time for a good book in between patients when Amy Derick, MD's firstborn son Charlie comes to the office.



AAD Embraces Motherhood at 2009 Academy Meeting



WDS Editorial Board member **Jenny Murase, MD** created a new focus session for the 2009 Academy meeting entitled "Fulfilling Great Expectations: Caring for New Mothers and Mothers-to-be." It was full of practical tips about safety of derm meds in pregnancy and breastfeeding, dietary changes in lactation to prevent atopic dermatitis, mastitis, etc. Both **Jenny Murase, MD** (left) and Editor **Rochelle Torgerson, MD, PhD**, were part of the Baby Boom event at the Academy, where many new & expecting parents in WDS shared stories and survival tips.