

northtexas child

THE MAGAZINE PARENTS LIVE BY IN DENTON COUNTY
february 2016

BEST
FOR
MOMS &
BABIES
WINNERS



DATE NIGHT

why you should
court your spouse,
plus 12 fun ideas

meet mom next door
OWLEGORIES'
JULIE BOTO

94

REASONS TO LOVE
february



where
to make
valentine's
projects

MARK YOUR
CALENDAR:
**2016
CAMP FAIR**
FEB. 27TH
& 28TH

BEST FOR FAMILIES:

*Moms &
Babies 2016*

WORDS JULIA BUNCH + ALEX MITCHELL

Whether you're pregnant with your first or adding to a growing brood, finding the perfect resources for you and your little one — from baby sitters to birthing centers — can be overwhelming. So we took the motherlode of work and research off your plate. We polled local moms to compile a comprehensive list of favorite classes, shops, services and birthing teams for you, then did some digging to find out what makes these the top picks among local moms. Consider it a labor of love for you, our readers.

BEST HOSPITAL TO HAVE A BABY
TEXAS HEALTH PRESBYTERIAN HOSPITAL FLOWER MOUND

Private birthing and recovery suites, a level II neonatal intensive care unit, 21 OB/GYN physicians, six certified nurse-midwives and "serenity time" non-visitor hours make Texas Health Presbyterian Hospital Flower Mound a winner among moms. They also like the range of classes frequently offered in preparation for D-Day, including childbirth, breast-feeding and baby care basics.

Flower Mound, 469/322-7000;
texashealthflowermound.com

BEST CHILDBIRTH CLASSES
A JOYFUL BIRTH

Childbirth classes are certainly not a one-size-fits-all format, and no one understands that better than Laura King of A Joyful Birth. King individualizes childbirth classes based on what mom-and-dad-to-be want to learn in a one-on-one class setting. Whether you want one long class on a Saturday or several weeks of shorter classes with an overview of pregnancy, birth and recovery, King will customize classes for you and teach them in your home.

Denton area, 214/659-1569;
ajoyfulbirth.com



BEST MIDWIFE
HEATHER CAUDELL, OBSTETRICS & GYNECOLOGY ASSOCIATES

The only certified nurse-midwife at this women's wellness practice offers more than delivery services. In her 10-plus years of experience at Obstetrics & Gynecology Associates, Heather Caudell has delivered hundreds of babies as well as provided pregnancy and wellness care for women in North Texas. Caudell's "compassionate honesty" wins accolades from North Texas moms-to-be.

Flower Mound, 972/420-1470;
fmobgyn.com

BEST DOULA
GREAT EXPECTATIONS DOULA SERVICES

After years of working with moms-to-be on her own, Maria Pokluda expanded her practice to serve the Dallas-Fort Worth area with four labor and two postpartum doulas. Pokluda's wide range of birth specializations — including hospital, home, VBACs, and multiples — has gained praise from clients and allowed her to win this award for four consecutive years.

Dallas-Fort Worth area,
 214/223-0226;
greatexpectationsbirth.com

BEST BIRTHING CENTER
ALL ABOUT BABIES MIDWIFERY & BIRTH CENTER

North Texas babies have been stepping into the world with the help of four midwives, student midwives and Mom, of course, at this three-suite, 7,500-square-foot birthing center situated on 3.5 acres of peaceful farmland since 2010. So it's absolutely no surprise that moms return to this soothing place often for the community-style postpartum events that let new moms socialize and talk baby with each other.

Argyle, 972/653-2229; allaboutbabies.net

BEST PRENATAL & POSTPARTUM WORKOUT
FIT4MOM

FIT4MOM is a pregnancy and postpartum fitness franchise that combines the social aspect of a mommy group with the health benefits of group exercise classes. Build strength at a physician-approved Fit4Baby class for expecting moms, tone and sculpt your post-baby body at Stroller Strides, which incorporates — what else? — your baby in a stroller, or reach your fitness goals with another specialized class. FIT4MOM communities include mom-centric social outings such as moms night out and book clubs too.

Multiple locations; fit4mom.com

BEST INFANT SWIM SCHOOL
AQUA-TOTS SWIM SCHOOL

The ability to swim or at least be comfortable with water is pretty essential. So start them young. Aqua-Tots offers Parent & Tot swim classes for babies 4 months and older and focuses on basics such as breath control (submerging) and comfort in the water. To keep your little one safe and happy, Aqua-Tots caps class sizes at four babies and keeps the pool temperature at 90 degrees.

Coppell, 972/793-7992;
 Flower Mound, 214/396-7900;
aqua-tots.com



BEST CHILD CARE CENTER FOR BABIES
PRIMROSE SCHOOLS

While it may be hard to leave your baby with someone else, you'll have peace of mind entrusting your kids to the care of multiple-time winner Primrose Schools, which takes babes as young as 6 weeks. Infant-to-teacher ratios are kept small (about one teacher per four babies) and toys are developmentally appropriate. Plus, teachers read to the babies, create art with them and spend time outdoors with them in an infant-specific yard. Need additional reassurance?

The open-door policy means you can swing by on your lunch hour to play with or nurse your little one.

Multiple locations;
primrose-schools.com

BEST BABY-SITTING SOURCE
MOM'S BEST FRIEND

Whether you're in dire need of a date night or looking to hire a full-time nanny, this baby-sitting service might literally become your new best friend. Mom's Best Friend is a membership-only resource, so in addition to the cost of the sitter, you'll pay an annual fee. In return you get access to caregivers who are up-to-date on first aid and CPR certifications and have passed a 10-step screening process (including five different background checks and numerous reference checks).

In a pinch with a day care closure or a sick kid? Mom's Best Friend offers holiday and sick care too. Plus, all sitters are trained to use "Nanny Notes" and record your baby's moods, bedtimes, feeding times and any additional info you request. **nto**

Multiple locations, 972/446-0500;
momsbestfriend.com



BEST RESALE SHOP
ONCE UPON A CHILD

If there's no older sibling to rely on for hand-me-downs, head to Once Upon A Child, a multiple-time winner. There's a large selection of toys, baby gear and furniture that meet both mandatory and voluntary safety standards; you can find an array of products from clothing (sizes preemie and up) to strollers, all in good condition and with no visible damage or missing parts; plus, you can either sell or trade in gently used items. Call ahead to see what items are most wanted.

Denton, 940/380-1500;
 Flower Mound, 972/874-0779;
onceuponachild.com