

# Your Total Rewards

## Working Mother and Father of the Year: What Are Their Parenting Secrets?

Lisa Davis, Medication Safety Officer, and Eddie Fagan, Physical Therapist, have more in common than simply being this year's Working Mother and Father of the Year. First, they share a passion for fitness. Lisa takes part in Children's Weight Watchers at Work and You4Life programs, and she regularly attends Strong4Life fitness classes at The Park. And, an athlete outside of work, Eddie uses his athletic prowess each day at Children's when he helps young athletes recover and return to play.

Lisa and Eddie also share the same overriding parenting principle: When they get home each evening, their sole focus is their kids (and, of course, their spouses). Careforce Chronicle recently met up with Lisa and Eddie—and their children—at a local park to take some fun family photos and learn more about how they are each able to achieve work/life success at Children's.



**CC:** Eddie, your wife Jessa nominated you for Working Father of the Year without you knowing. How did you react when you found out? And, what do your kids think about you winning?

**EF:** The kids are cute about it. (Kell is 6, Shea is 5 and Dev is 3.) They frequently discuss it amongst themselves, and will argue over the specifics of the award. Like, is the award for the best dad in the world, or just for Atlanta? I was very flattered, and surprised, that Jessa nominated me. She never hinted at it or mentioned it.

**CC:** With three young kids, it has to be hard making time for everyone and everything. How do you do it?

**EF:** I couldn't do it all without the love and support of Jessa, who works full-time at Children's at Scottish Rite. We have different shifts—she works early and I work late—which allows each of us to spend more time with the kids. Children's helps me and Jessa in many ways, too. We frequently utilize the back-up care service when our nanny is sick or cannot be there.

**CC:** Do you have any advice for other working parents out there?

**EF:** My thing is to devote 100 percent focus to my children in the time that I have with them. Whatever it is I am doing with them, from reading a book to playing ball, I am in the moment and not distracted by an iPhone or work. As much as possible, I avoid multi-tasking and over-scheduling when it comes to my family.

**CC:** Lisa, I know you start your day early for that same reason—so you can devote your time after work to your family.

**LD:** Yes, I usually start my day at 4:30 a.m. It's early, but it's a sacrifice I'm willing to make to maximize the time I have with my husband and Maggie, who's 6.

**CC:** Wow, 4:30 a.m. That is really early.

**LD:** (Laughs) I've spent the past year really working on my health, and I like to split my exercise at The Park between early walks with a co-worker, a mid-day Strong4Life fitness class or an end-of-the-day walking video with colleagues before going home. This helps keep me on track, and it means that when I walk through the door at home, I don't have to kiss my family and run off to work out. Instead, I hit the door ready to spend all of my time with them.

**CC:** Besides giving Maggie and your husband your full attention when you're outside of work, do you have any other secrets to your work/life success?

**LD:** I've found that by involving my family in my work life, Maggie is more understanding—and even encouraging—of the time I spend at Children's, even though she can't always be there with me. She knows that when her mom goes to work, she's helping sick kids get better.

