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Working Mothers

Being a working mother is a juggling act between taking care of work, family and yourself, and we'd like to make life easier for you. Browse these pages for informative articles on relevant issues to busy families, as well as direct links to helpful resources at Children's. If you have suggestions on topics for future articles, e-mail [WorkLife](#).

Feature

Children's Announces Working Mother and Father of the Year

In our annual contest, Children's asked working parents to submit essays describing their typical day and how Children's supports them as they juggle career and family. A committee reviewed the submissions and interviewed the impressive finalists. This year's Children's Working Mother of the Year winner is Lisa Davis who spent the past year improving her own health and work/life balance.

Lisa's day starts at 4:30 a.m., a sacrifice she is willing to make to maximize the time she has for her husband and daughter, Maggie. As Medication Safety Officer, Lisa has a schedule which allows her to flex her hours a bit, thereby extending her "Maggie time."



Becoming parents was a challenging journey both emotionally and financially for Lisa and her husband. To help offset the major expense associated with adoption, she used the Adoption Assistance Plan offered by Children's. Lisa recounts how unique and special it was to be invited to participate in our first Great Expectations Baby Shower as an expectant adoptive mom.

As a busy working mother, Lisa found it challenging to focus on her own health. Last year when Lisa hesitantly decided to participate in the Winter Walk Challenge, she didn't know what to expect. To her surprise, her team of colleagues chose her as their honorary leader. Lisa's team won the Winter and Spring Walk Challenges. The pride from her victory invigorated Lisa to make a lifestyle change. She took her newly found dedication a step further and joined Weight Watchers at Work and the You4Life program. With guidance from her trainer and nutritionists, Lisa began to see results.

Lisa also takes advantage of Children's onsite fitness facilities. "Right after work, I can walk or work out with a couple of 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 go off to work out. Instead I hit the door ready to spend all of my time with them," says Lisa.

Setting a good example for her daughter Maggie is a big part of what motivates Lisa's healthy lifestyle. Lisa used the Kids4Life Challenge with Maggie to demonstrate the importance of drinking water and eating healthy every day. "I now know the key to my





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A Week in the Life of a Working Mom
Linda Matzigkeit, SVP, HR

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- Small Wonders Pre-natal Screening
- Wellness/Strong4Life for Moms
- 4 Support
- 4 Activity
- 4 Nutrition
- 4 Fun
- Join Strong4Life
- Employee Assistance Program
- Concierge/At Your Service
- Educational Assistance
- FLEX Options
- Your Time Off

Taking Care of FAMILY

- Child Care Centers
- Backup Care Options
- Sitter Service
- Child Care Credit

continued success both at home and work. My goal is to be the best I can be at both," Lisa declares.

Eddie Fagan is Children's Working Father of the Year

We were inspired and impressed with all the nominations for "Working Father of the Year," but Eddie Fagan's nomination by his wife, Jessa Fagan, stood out. As a father of three young children, Eddie manages to maintain the delicate balance between work and home by not multitasking. Instead Eddie's key to balance is focus. Eddie commits his attention totally to the task at hand, whether he is at work, at home with his family or in taking time to rejuvenate his mind and body.



Eddie's discipline has made him a great example for his family. No matter how hectic life becomes, Eddie is dedicated to eating healthy and exercise each day. "Eddie does not give into the temptation of distractions. He limits his screen time and activities that take away from family time. Throughout his adult life, he has achieved the health, looks and lifestyle so many of us struggle to obtain," says Jessa.

As a Physical Therapist for the Sports Medicine practice at Children's at North Druid Hills, Eddie's passion for athletics comes alive when he helps young athletes recover and return to play. "As an athlete himself and now a father, he treats each patient with the level of care and detail as if he/she were one of our kids," says Jessa.

At the end of each day, Eddie hurries home to be with his children. Eddie's weekends are about enjoying the simple things in life, such as playing chess and riding bikes. True to his mantra of focus, Eddie avoids heavy scheduling to ensure he is both physically and mentally available to his family.

When the unexpected does occur, such as unavailable child care, Eddie utilizes Children's Back-up Care program. This affordable option allows Eddie to meet his work obligations without losing valuable vacation time with his family.

In honor of this unique recognition, Children's has rewarded both Lisa and Eddie with a relaxing weekend away at a Georgia resort to share with their spouses.

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- [Find Time to Exercise with the Help of Children's](#)
- [Spring Walking Adventures](#)
- [Healthy Meal Planning for Families](#)
- [Surviving Back to School: Timesaving Tips for Working Parents](#)
- [Outstanding Moms at Children's Share Their Family Wellness Secrets](#)
- [Get a Good Night's Sleep for the Entire Family](#)
- [Choose the Right Childcare Option for Your Family](#)
- [Summer Vacations for Less Money and Gas](#)
- [Meet Team Mom](#)
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- [Balancing Work and Family](#)
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