Are you considering becoming pregnant during medical school?

Students who plan to become pregnant during medical school are encouraged to work with foundational assistant deans at their foundations site to talk through how this may affect curriculum timelines and schedule. For Seattle foundations students, that is Dr. Maestas. If you are a student in the clinical phase or will soon be entering the clinical phase, contact Dr. Eacker.

Students can work with the appropriate dean to discuss and plan any time away from the curriculum as needed. Factors you will want to consider include:

- The time of year you are pregnant, when you would have your baby, and where this will fall in the curriculum
- Your family situation and circumstances
- Personal desire to prioritize being at home vs. graduating as soon as possible
- Financial aid needs and debt load
- Strength and competitiveness as a student
- Competitiveness of your specialty choice
- Timing of clerkships and interviewing for residencies

These factors could lead to different paths, which could include expanding, taking a leave of absence, or scheduling your clerkships just right.

Know that you can do it and you will have the support you need!

Disability Resources for Students

UW DRS is able to provide accommodations for pregnant students. Accommodations can be made in the classroom, or on campus. When you meet with your assistant dean, they will connect you with DRS’s services.

Contact:
DRS office, uwdrs@uw.edu, 206.543.8924

Student Affairs Leadership Team:

Dr. Anne Eacker *
Associate Dean
eacker@uw.edu, 206.543.5561

Dr. Raye Maestas *
Assistant Dean
maestas@uw.edu, 206.543.5561

Emily Slager
Associate Director, Foundations Phase
eslager@uw.edu, 206.221.8390

Sarah Wood
Associate Director, Clinical Phase
sewood@uw.edu, 206.616.8221

* MaiLinh Niemi
Administrative Manager
Assistant to Dr. Eacker and Dr. Maestas
niemim@uw.edu, 206.543.5561

UW School of Medicine
Resources for Pregnant and Parenting Students

A comprehensive guide of support services available to Seattle UW School of Medicine students through UW and UWSOM

Last updated 8/1/2017
**Childcare at UW**

The four on-campus University of Washington Children's Centers (UWCC) provide child care to eligible faculty, staff, and students. The West Campus, Radford Court, Laurel Village, and Portage Bay locations each offer year-round care for infants, toddlers, and preschoolers. Enrollment priority and tuition cost vary for each location, and you must put your name in the wait pool before enrolling.

The child care centers at West Campus, Radford Court, Laurel Village and Portage Bay are operated by Haggard Childcare Resources (HCR). You can visit their website to see photos and learn more.

**Student Parent Resource Center**

The Student Parent Resource Center provides resources and financial support to students with children to reduce the 2nd primary barrier to attaining a higher education. Student parents at the UW can find the resources they need to support the successful completion of their degree. UW Student Parent Resource Center has a childcare assistance program, can help you find a childcare provider, and can connect you with campus resources for parents.

**UW Children’s Centers**

**UWCC at West Campus**
Licensed for 54 children
University of Washington
Box 355650
3904 Cowlitz Road
Seattle, WA 98195
206.548.9850
wccc1@uw.edu

**UWCC at Laurel Village**
Licensed for 61 children
4200 Mary Gates Memorial Dr. NE
Seattle, WA 98105
206.525.5122
Rmanzano@haggardchildcare.com

**UWCC at Portage Bay**
Licensed for 140 children
3745 15th Ave. N.E.
Seattle, WA 98105
206.685.8922

**UWCC at Radford Court**
Licensed for 79 children
6311 65th Ave NE
Suite 4300
Seattle, WA 98155
206.543.3737
spcc@uw.edu

**UW Student Counseling Center**

UW's Counseling Services may include: individual, couple, or group counseling; career counseling and/or career assessments; referral for assessment and treatment for alcohol or other drug abuse; and/or referral to other community resources.

**Phone:** 206.543.1240

**UWSOM Counseling and Wellness Service**

This service offers counseling for a wide range of personal, academic, and professional issues. The counselors are trained to work with medical students, and can assist with a range of personal and relationship issues, not just school stress.

Services offered through the School of Medicine's counseling program in Seattle or as part of the WWAMI regional program are available to you or your partner/spouse, are free and completely confidential, and records are kept completely separate from academic records and are never shared with administration.

MD/PhD students continue to have access to counseling through the SOM while completing their PhD program.

**Contact the SOM Seattle counselors:**
Joanne Estacio-Deckard, LICSW, Director joanneed@uw.edu, 206.616.3024
Sheri Davis, LICSW sherid@uw.edu, 206.543.8392
Cliff Kelly, MS, MDiv, LMHC ckelley70@uw.edu, 206.616.3022

**Email:** stuparrc@uw.edu
**Phone:** 206.543.1041
PREGNANCY PLANNING & PARENTING IN MED SCHOOL

Students who are planning to become pregnant during medical school are encouraged to work with the assistant dean at their Foundations site, and/or the deans in Student Affairs, either Dr. Raye Maestas, assistant dean, or Dr. Eacker, associate dean, to talk through how this could affect their curriculum, timelines, and schedule. As students think about these issues, some factors to consider are:

- The time of year you are pregnant, when you would have your baby, and where this will fall in the curriculum
- Your family situation and circumstances
- Personal desire to prioritize being at home vs. graduating as soon as possible
- Financial aid needs and debt load
- Strength and competitiveness as a student
- Competitiveness of your specialty choice
- Timing of clerkships and interviewing for residencies

These factors lead students to take different paths, including expanding their curriculum, taking a leave of absence, or scheduling their clerkships in a certain order.

“MAYBE A BABY?” PANELS, 2011-2016

The UWSOM has hosted an annual panel event called “Maybe A Baby?” in which current students, partners of students, interns, and residents in the UWSOM program answer questions about being pregnant and parenting during their medical training. The following questions, asked in different ways, have been the focus of the panels’ discussions:

- As a pregnant student or new parent, how well supported did you feel by the UWSOM administration?
- How does it work to take time off in the curriculum or expand the curriculum?
- Pregnancies are hard to plan, but is there an “ideal time” to be pregnant in my medical training?
- How can I be a both a parent and a medical student? How do you manage your time?
- What is it like to be pregnant or parenting in medical school?
- What are the financial considerations I need to make? What do you do about child care?
- What role does your partner or family members play in parenting while in medical school?
- How might having a baby in medical school affect my career path or specialty choice?
- How do residency programs handle residents who have babies?

Rather than wait for a yearly panel event to take place, we are distributing the recorded videos as a resource for students who are thinking about pregnancy. We took the four most recent recordings of the panel discussions and identified the clips when a panelist articulated their answer particularly well, thus offering helpful insights for other students to hear. We edited the videos to only show these “highlights”, which you can find in this document. We will continue to do the in-person panel events to add content to this resource, but they will be held less frequently.

By viewing these videos, we hope that students can glean wisdom from the pregnant and parenting UWSOM students who have gone before them. There are many different viewpoints portrayed by the panelists, so watching all four highlight videos will help each student understand the individual nuances in the many decisions each student makes when they are thinking... “Maybe a Baby?”
2011 “Maybe A Baby?” Panel

Click here to watch: https://mediasite.hs.washington.edu/Mediasite/Play/399bb5e3f6b64f6d8e3a3afdbf047ef11d

Please note: This video was unable to be “clipped” so you can either watch it in full, or scroll to the highlights, as indicated in the chart below. Some policies mentioned in the non-highlighted sections may be outdated.

2011 Panelists:
- Hailey – MS4, has a 7 week old son
- Sierra – Expanded in MS2 and MS4 years, has a 3 year old and currently pregnant
- Brian – MS4, father of 3 children
- Megan – MS1/MS2, had a baby during MS1
- Katie – MS4, took year off between MS3 and MS4 to have a baby
- Brooks – MS4, father of 15 month old

<table>
<thead>
<tr>
<th>Video clip time</th>
<th>Questions covered in this segment:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:02-3:27</td>
<td>Pregnancies are hard to plan, but is there an “ideal time” to be pregnant in medical school?</td>
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<tr>
<td>8:10-8:53</td>
<td>Pregnancies are hard to plan, but is there an “ideal time” to be pregnant in medical school?</td>
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<td>9:32-12:00</td>
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<tr>
<td>12:52-13:57</td>
<td>Pregnancies are hard to plan, but is there an “ideal time” to be pregnant in medical school?</td>
</tr>
<tr>
<td>17:36-18:04</td>
<td>What role does your partner or family members play in parenting while in medical school?</td>
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<tr>
<td>21:09-22:30</td>
<td>How does it work to take time off in the curriculum or expand the curriculum?</td>
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<tr>
<td>32:30-34:46</td>
<td>What’s it like, in general, to be pregnant or parenting in medical school?</td>
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<tr>
<td>35:25-36:18</td>
<td>How do residency programs handle residents who have babies?</td>
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<tr>
<td>37:07-38:02</td>
<td>How do residency programs handle residents who have babies?</td>
</tr>
<tr>
<td>39:15-40:34</td>
<td>How do residency programs handle residents who have babies?</td>
</tr>
<tr>
<td>43:06-43:22</td>
<td>What’s it like, in general, to be pregnant or parenting in medical school?</td>
</tr>
<tr>
<td>43:30-44:02</td>
<td>What role does your partner or family members play in parenting while in medical school?</td>
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<tr>
<td>46:45-49:05</td>
<td>What role does your partner or family members play in parenting while in medical school?</td>
</tr>
<tr>
<td>1:09:27-9:52</td>
<td>How does it work to take time off in the curriculum or expand the curriculum?</td>
</tr>
<tr>
<td>1:12:40-1:13:06</td>
<td>How well supported did you feel by the UWSOM administration?</td>
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</tbody>
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2014 “Maybe A Baby?” Panel

Click here to watch: https://mediasite.hs.washington.edu/Mediasite/Play/7e886aec523e4777be29cf80699e64ca1d

2014 Panelists:

- Casey – MS2, father of 1 year old
- Rachel – MS4, expanded her fourth year
- Matt – MS1, father of 4 month old
- Anne Eacker – Associate Dean, 14 year old twins who she had in residency
- Joy – MS2, has a 1 year old
- Nina – MS4, has an 8 month old

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<td>1:27-2:30</td>
<td>How does it work to take time off in the curriculum or expand the curriculum? What are the financial considerations I need to make?</td>
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<tr>
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<td>How can I be a both a parent and a medical student? How do you manage your time?</td>
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<tr>
<td>3:53-4:33</td>
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<td>4:33-5:25</td>
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<tr>
<td>5:25-6:49</td>
<td>What are the financial considerations I need to make in terms of child care?</td>
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<tr>
<td>6:50-7:43</td>
<td>What role does your partner or family members play in parenting while in medical school?</td>
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<tr>
<td>7:44-8:59</td>
<td>What’s it like, in general, to be pregnant or parenting in medical school?</td>
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<tr>
<td>9:00-10:45</td>
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2015 “Maybe A Baby?” Panel ~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

Click here to watch: https://mediasite.hs.washington.edu/Mediasite/Play/aed75ca068b04d6eb248019c1ec080aa1d

2015 Panelists:
- Anders – MS2, father of 6 month old
- Rachel – Intern, had baby in MS4 year and expanded, child is now 2 years old
- Tiffany – Pulmonologist, had a child during MS4 and also between Internship and R2, took a year off for her second child
- Andrew – Nocturnist, wife is OBGYN resident, who had a baby in her MS4 year
- Sarah – MS4 who matched in Pediatrics, mother of 5 month old, did not expand or take time off

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<td>How do residency programs handle residents who have babies?</td>
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<td>2:42-4:32</td>
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<td>What are the financial considerations I need to make in terms of having a child and paying for child care?</td>
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<td>25:09-26:32</td>
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<td>26:32-26:54</td>
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2016 “Maybe A Baby?” Panel

Click here to watch: https://mediasite.hs.washington.edu/Mediasite/Play/5bf9a4268ea244938e2160037340ee5f1d

2016 Panelists:
- Jennifer – R3 Family Medicine, son is 2 years old, had her son in beginning of Intern year, currently pregnant
- Heather – MS4, expanded during her fourth year, going into PM&R, son is 10 weeks
- Jeff – MS2, father of 5-week old and 21 month-old
- Anne Eacker – Associate Dean, had twins during residency
- Maya – MS4, pregnant during residency interviews, going into PM&R

Video clip time | Questions covered in this segment:
---|---
00:00-1:34 | How does it work to take time off in the curriculum or expand the curriculum?
1:35-2:21 | How can I be both a parent and a medical student?
2:22-4:51 | Pregnancies are hard to plan, but is there an “ideal time” to be pregnant in medical school?
4:52-6:41 | How does it work to take time off in the curriculum or expand the curriculum?
6:42-7:08 | What’s it like to be pregnant or parenting in medical school?
7:09-7:52 | Pregnancies are hard to plan, but is there an “ideal time” to be pregnant in medical school?
7:53-8:37 | How well supported did you feel by the UWSOM administration?
8:38-9:10 | What are the financial considerations I need to make in terms of taking time off?
9:11-10:25 | What’s it like to be pregnant or parenting in medical school?
10:26-13:49 | How does it work to take time off in the curriculum or expand the curriculum?
13:50-17:09 | What role does your partner or family members play in parenting while in medical school?
17:10-19:53 | What are the financial considerations I need to make in terms of having a child and paying for child care?
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