

Meet Our Mommy MD Guide: Amy Derick, MD



Dr. Derick is a mom of one 15-month-old son and is 17 weeks pregnant with her second son. Dr. Derick is a dermatologist in private practice at Derick Dermatology in Barrington, IL.



How many children do you have? I have a 15-month-old son, and I'm 17 weeks pregnant with my second son.

What's your specialty? Dermatology

What's your favorite parenting tip? I rely on my support network for help. My mom and dad live on the same street as I do. They are very helpful to me. I also have a wonderful nanny, and knowing she is caring for my son allows me to focus on my work. When I come home, the house is straightened, and I can relax and spend time with my son.

What has surprised you most about parenting? I am surprised at children's endless energy. My son is a joyous bundle of non-stop motion. He loves trucks and cars and mud.

How do you get your kids to eat healthy food? I experiment. If my son rejects a certain food, I may re-try that same food a few days later. I'm trying to determine his natural preferences. I also keep nonhealthy food out of sight. If there's a french fry nearby, my son will choose that over something more healthful.

How do you work exercise into your family's life? I do Pilates once a week during my son's nap.

How do you recharge your batteries? My son and I have Mommy Fun Day on Fridays when I get to spend the whole day with him. Also, at night when my son is asleep, I read and relax.