



## Carin Eldridge, MD

[Tucson Central Pediatrics](#)

**Call for an Appointment:** (520) 325-8000

**Primary Specialty:** Pediatrics

**Medical Education:** University of Arizona

**Residency:** University of Utah

[Clinic's Web Site](#)

Dr. Eldridge received her medical degree and Masters of Public Health from the University of Arizona and completed her pediatric residency at the University of Utah and Primary Children's Hospital.

She focused her public health degree on improving the wellness of adolescent girls by boosting self-esteem and increasing awareness of unhealthy cultural norms. She enjoys discussing puberty and reframing it into positive, light-hearted discussions that help kids and parents feel comfortable and prepared. This will hopefully set the stage for families to tackle tougher conversations in the future!

Dr. Eldridge has two young children, helping her pull from her own experience to aid new parents in navigating the sometime overwhelming mass of parenting trends and advice on social media. Her goal is to provide care that is thoughtful and evidence-based, but also fits your parenting style. She has managed to have two babies during her medical training and is always on the lookout for simple, practical solutions that optimize snuggles and a good night's sleep.

In her free time, Dr. Eldridge likes exploring all the awesome small businesses and restaurants in Tucson, preferably on bikes with two kids in tow. She and her husband (Conor) love mountain biking in the Tucson Mountains and rock climbing on Mt. Lemmon and at Rocks and Ropes. Dr. Eldridge grew up in Davis, CA, went to Colorado College and moved to Tucson in 2009. She is thrilled to be back to Tucson and serving the truly unique community that helped shape her values as a provider.