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After raising three children as a stay-at-home mother, Dr. Phillips received a master's degree in Developmental Psychology with a focus on mother-infant attachment, became NIDCAP certified as a Preterm Infant Developmental Specialist, and then attended medical school at University of California, Davis. She completed her pediatric residency and neonatology fellowship at Loma Linda University Children's Hospital in S. California and is an attending neonatologist in the Level 4 NICU at the same hospital. She is an Associate Professor of Pediatrics/Neonatology at Loma Linda University School of Medicine and is Pediatric Department Chair and Medical Director of Neonatal Services at Loma Linda University Medical Center-Murrieta.

Dr. Phillips is an International Board-Certified Lactation Consultant, a Fellow of the Academy of Breastfeeding Medicine, and a past president of the National Perinatal Association (NPA). She is currently President of the Association for Prenatal and Perinatal Psychology and Health (APPPAH), a global non-profit organization with a mission to support healthy infant-parent relationships before and after birth. Her passion is to honor and nurture the earliest connections between babies and their parents.