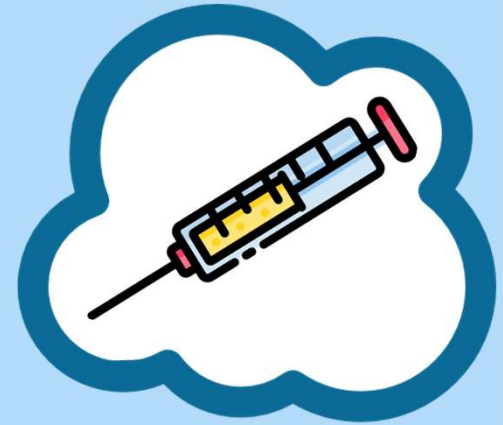
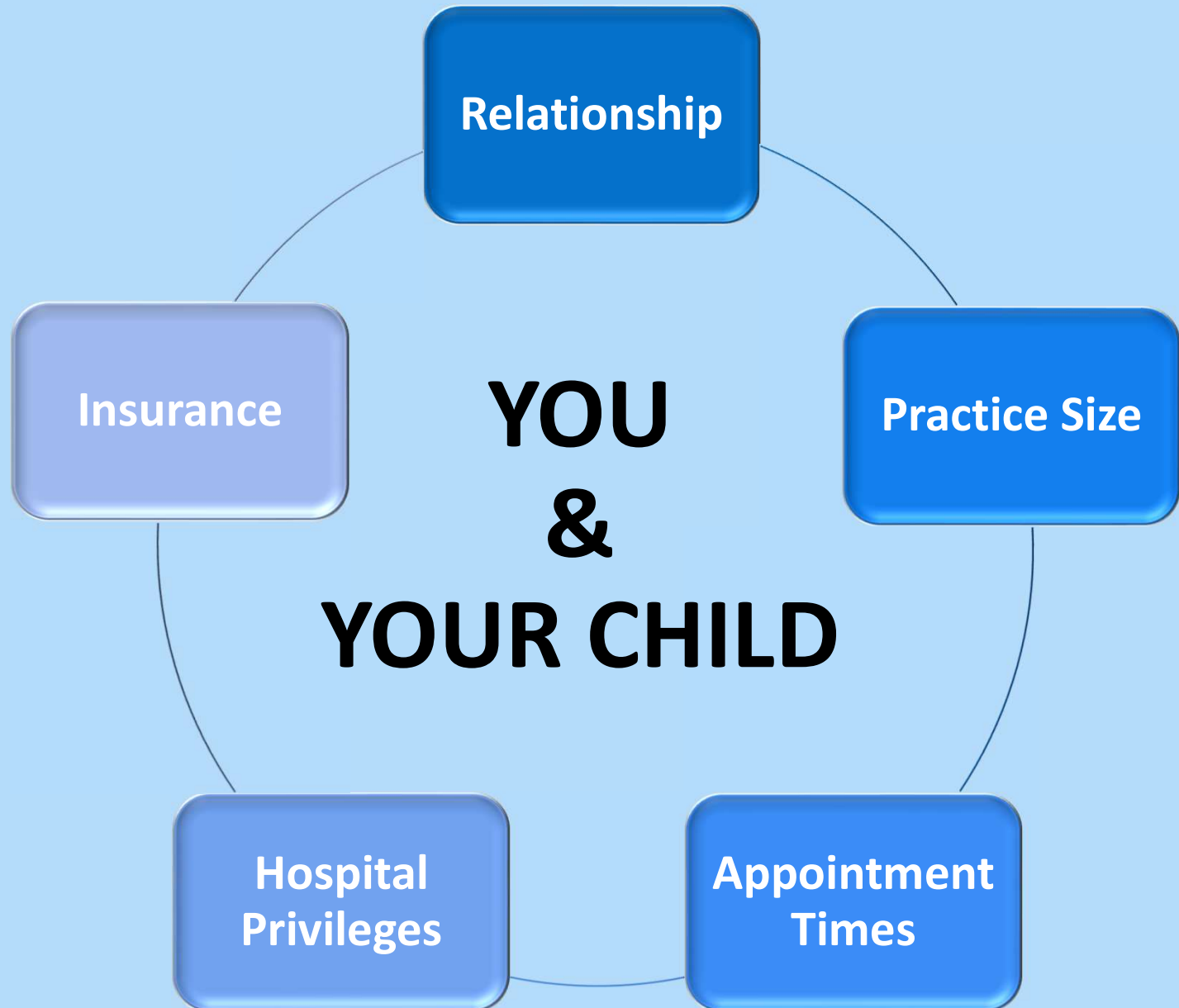




# **WELCOME TO NORTH AUSTIN PEDIATRICS! NEWBORN BASICS**



# Choosing a pediatrician:



# Before the delivery date:



Up-to-date immunizations for all contacts

*Flu & Tdap shots at least two weeks before delivery*

*Tdap gives antibodies to the baby with each pregnancy*



Take a breastfeeding class & find your child's pediatrician

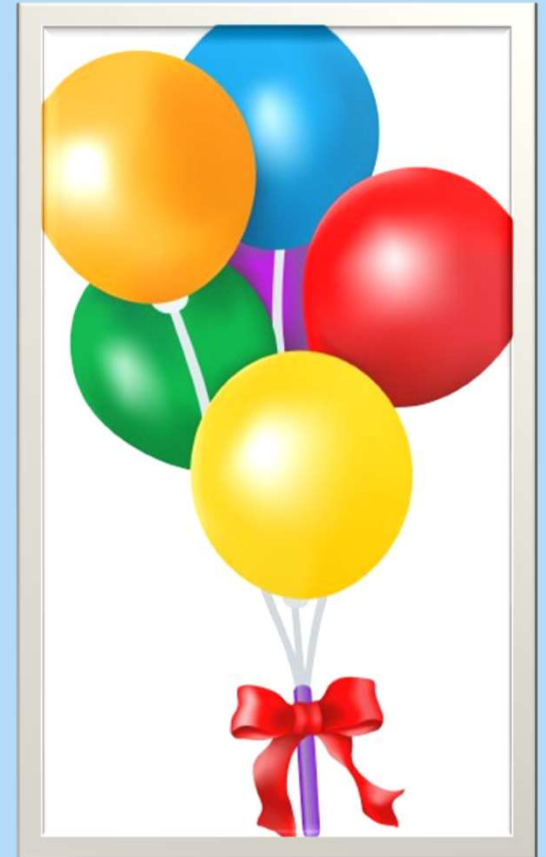


Purchase a breast pump and car seat

*Bring car seat to the hospital*

# Baby is born!!

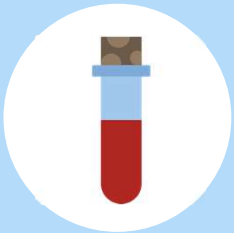
- Vaginal delivery: 36 to 48 hours in hospital
- C-section: three to four days in hospital
- Tell staff who the pediatrician will be
- Doctor will examine the baby within 24 hours (*and each subsequent day*)
- If born on a weekend or holiday, baby will be seen by the on-call provider
- Baby stays with mom in the hospital room
- Call insurance to add baby



# Metabolic screening:



Texas screens for 52 disorders



First test done at 36 hours of life

*Second test done in second week of life with physician*



Screens for treatable conditions

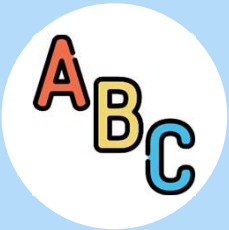
*E.g. mental retardation, metabolic disorders, CF, sickle cell anemia, immune deficiencies, etc.*

# Other tests:



Bilirubin: First screen done at 36 hours of life

*Jaundice; higher risk if premature or if mother has O blood type*



Hearing screen

*Needs to be diagnosed very early to be able to intervene*



Congenital Heart Disease Screen

“Meds x 3”: Vitamin K, erythromycin, Hep B

# Circumcision:

*The AAP's medical stance is "neutral plus"*



Lower risk of urinary tract infections (UTI) in first 1-2 years of life; Lower risk of STDs and cancers in the future



Fewer hygiene problems

# Visiting North Austin Pediatrics



## Newborn follow-up

*1-2 days after discharge home*



## Well Child Checks

*2 weeks then 2, 4, 6, 9, 12, 15, 18, 24, 30 months and then yearly at age 3 and up*



# Practice Philosophy:



We're a small practice; therefore, you're a priority



We strongly encourage breastfeeding



We follow the CDC guidelines for childhood immunizations



We're conscientious about prescribing antibiotics

# More about us:

- 8 providers in 3 locations
  - Leander
  - Cedar Park
  - North Austin Medical Center
- 8-12 well visits per day; 20-25 patients seen per day per provider
- 30 minute well child checks and 15 minute sick visits
- Schedule sick visits on the day of illness
- Monday-Friday 7:45-4:30; Saturday first call, first serve
- Nurse triage available when office not open
  - Calls cost 25\$
  - If you speak to physician, call costs 35\$
- Students: High school, medical school, resident physician



# In case of emergency:



Nurse triage with on-call physician always available after hours



PM Pediatrics Urgent Care Round Rock, Austin Regional Clinic, Austin Diagnostic Clinic, Urgent Care for Kids, TX Childrens Hospital Urgent Care



Emergency departments: St. David's North Austin Medical Center or Dell Children's Medical Center

# Fever:



100.4° F or greater



This is an emergency under two months of age



Temperature taken rectally in first three months

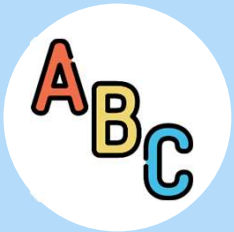
# ZZZZZZ...



No more than a three-hour stretch in first two weeks  
*Babies need eight to twelve feeds per day*



Baby ready for sleep-wake cycle at ~4 months



Alone, on their Back, and in their own Crib

# Crying? Don't panic



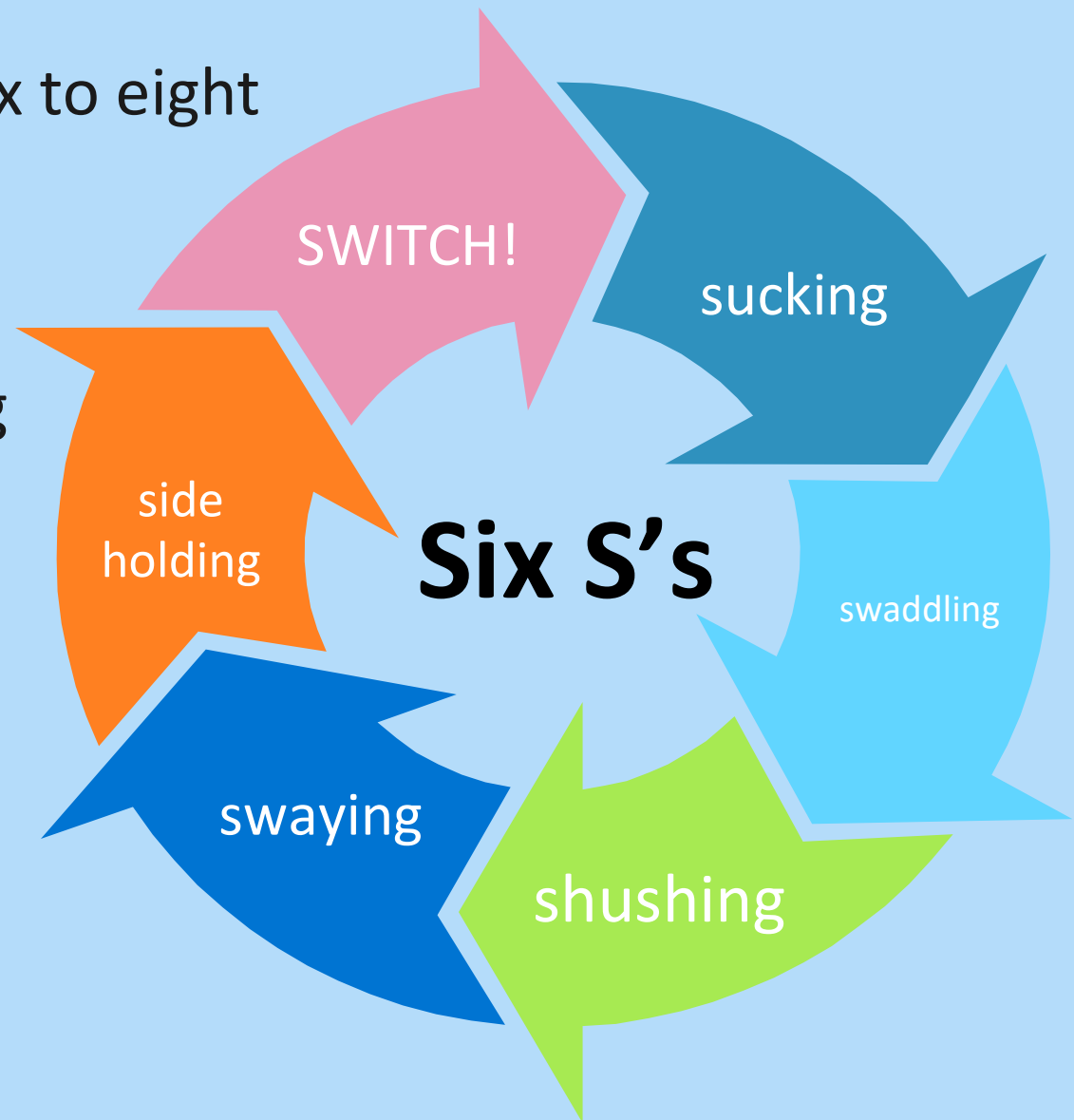
Crying peaks at six to eight weeks of life



Prioritize sleeping



Accept help



# Keep in mind:

As much as we'd like them to,  
babies do NOT follow  
a schedule

Babies LOSE WEIGHT in the  
first three to five days

Your baby will not know  
how experienced you are

You'll hear a lot of  
advice, but what  
works for your child  
matters most

**We are here for you!!**



# Thank you!

**We look forward to meeting your baby!**