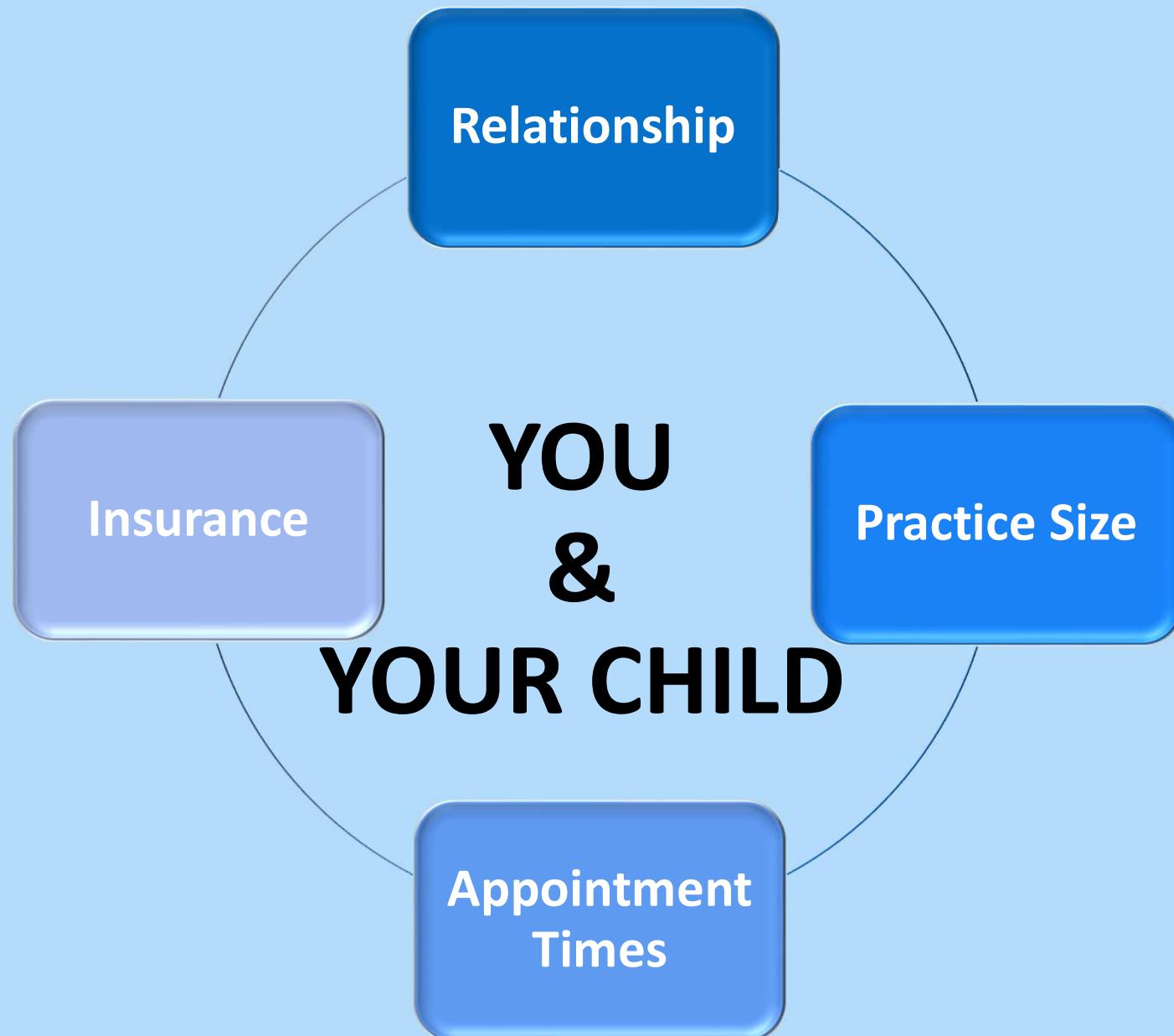




WELCOME TO NORTH AUSTIN PEDIATRICS NEWBORN ORIENTATION/MEET & GREET!



Choosing a pediatrician:



Before the delivery date:



Maternal immunizations (*pass antibodies to baby*):

- *ABRYSVO (Pfizer) for RSV protection at 32-36 weeks gestation.*
- *Tdap vaccine during third trimester, 27-36 weeks gestation.*
- *Seasonal Influenza and COVID vaccines are also recommended.*

Close Contacts immunizations:

Tdap vaccine at least 2 weeks prior to delivery (good for 5 years).

Seasonal Influenza and COVID vaccines are also recommended since newborn is high risk exposure.



Take a breastfeeding class & find your child's pediatrician

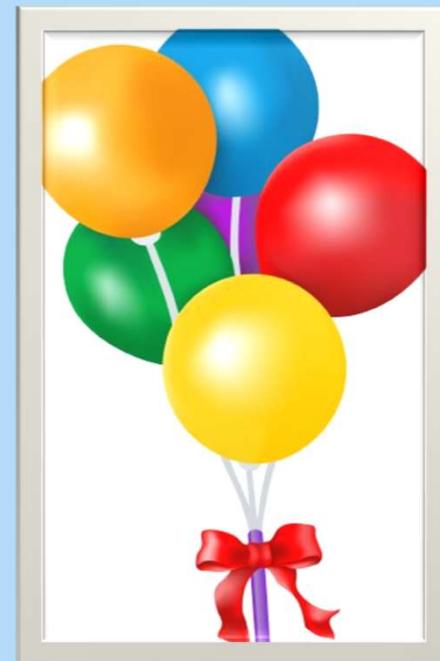


Purchase a breast pump, car seat, and a rectal thermometer!

Bring car seat to the hospital

Baby is born!!

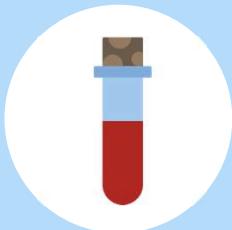
- Vaginal delivery: 36 to 48 hours in hospital
- C-section: three to four days in hospital
- Tell staff who the pediatrician will be
- A Hospitalist/Provider will examine the baby within 24 hours (*and each subsequent day*).
- Baby stays with mom in the hospital room
- “Meds x 3”: Vitamin K, erythromycin eye ointment, Hep B vaccine
- Call insurance to add baby when they are born, during the first 1-3 days is best! Please ensure you do this, do not believe anyone that tells you to wait until over 30 days old or to wait for birth certificate!!



Metabolic screening:



Texas screens for 59 disorders



First test done at 24-36 hours of life

Second test done in second week of life with pediatric provider



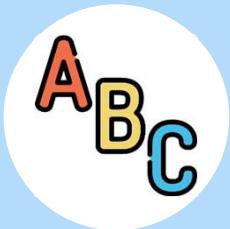
Screens for treatable & difficult to diagnose conditions

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

Other tests:



Bilirubin: First screen done at 24-36 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

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 American Academy of Pediatrics (AAP) guidelines for childhood immunizations and don't accept unvaccinated children! We want to protect our patients and staff!



We're conscientious about prescribing antibiotics

Books We Recommend

Caring for Your Baby and Young Child: Birth to Age 5

By: American Academy of Pediatrics, Steven P. Shelov, M.D.

Heading Home with your Newborn: From Birth to Reality

By: Jennifer Shu, M.D., FAAP and Laura A. Jana, M.D., FAAP

Baby 411: Clear Answers and Smart Advice for your Baby's First Year

By: Denise Fields, Ari Brown, M.D.

Touchpoints- Birth to 3: Your Child's Emotional and Behavioral Development

By: T. Berry Brazelton, M.D., Joshua D. Sparrow, M.D.

Healthy Sleep Habits, Happy Child

By: Marc Weissbluth, M.D.

The Happiest Baby on the Block; Fully Revised and Updated Second Edition: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer

By: Harvey Karp, M.D.

Visit our website at <https://naustinpeds.com/new-parent-orientation/> for more details!



Websites We Recommend

General pediatrics:

www.kidshealth.org

www.healthychildren.org

This website is excellent! It is from the American Academy of Pediatrics (www.aap.org). You should add it to your *favorites*! It even has a symptom checker!

Breastfeeding:

<https://ibconline.ca/>

Immunizations:

www.vaccine.chop.edu

www.immunize.org

www.voicesforvaccines.org

More about us:

- 11 providers in 3 locations, 10 doctors and 1 NP
 - North Austin, Cedar Park, & Leander
- 8-12 well visits per day; 20-25 patients seen per day
- 30 minute new well child checks and 15 minute sick visits
- Schedule sick visits on the day of illness
 - Telemed available for some visits
- Monday-Friday 7:45-4:30; Saturday first call, first serve
- Nurse triage available after hours with fee
 - Calls cost \$25
 - If you speak to physician, call costs \$35
 - Online symptom checker and medical library free on NAPPA website, your insurance company also should have a medical nurse line.
- Clinical preceptors for students with TX A&M and Dell Medical Schools.



In case of emergency:



Nurse triage with on-call provider always available after hours with an after-hours call fee



PM Pediatrics Urgent Care, Austin Regional Clinic (Far West, La Frontera, or Cedar Park), Texas Children's Hospital (South)



Emergency departments:
St. David's North Austin Medical Center
Children's ER, Dell Children's ER at both the Central and North locations, Texas Children's Hospital (North)



www.northaustinpediatrics.com

- Online symptom checker that triage staff use
- Medical library with loads of information
- Patient portal for administrative messages, download vaccine records, see visit summaries, upcoming appointments booked.
- Forms & handouts tab for each age well check visit
 - Vaccine information sheets
 - Important Points for that age

Pro-Vaccine Practice

- Our practice follows American Academy of Pediatrics (AAP) vaccine recommendations and guidelines.
- Please see our Vaccine Policy Statement and Resources on our website at:

<https://naustinpeds.com/immunizations/>

- Other links for Vaccine Resources:
 - <https://www.immunize.org/clinical/topic/pregnancy-vaccines/>
 - <https://www.chop.edu/>
 - <http://www.immunize.org/>
 - <https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/default.aspx>



Thank you!

We look forward to meeting your baby!

Meet the Providers (Austin):

Leighton Ellis, MD PRACTICE OWNER

AUSTIN, CEDAR PARK, & LEANDER LOCATIONS

- Born in NYC, Raised in Brazil
- Enjoys hiking, cooking, and traveling with her husband, Ken, and two sons, Kenny and Michael
- Speaks Portuguese and Spanish



Erica Sharp, MD

- Born in Jamaica, lived between US, England, and Jamaica
- Enjoys traveling, cooking, and baking



Meet the Providers (Austin):

Christine Lam, DO

- Born and raised in Houston, TX
- Enjoys traveling, cooking, and spending time w/ her family (and playing Pokemon Go!)



Rebecca Baine, MD

- Born in Austin, raised in Houston suburbs
- Enjoys yoga, traveling, live music, and exploring Austin with her toddler



Meet the Providers (Cedar Park):

Leighton Ellis, MD PRACTICE OWNER

AUSTIN, CEDAR PARK, & LEANDER LOCATIONS

- Born in NYC, Raised in Brazil
- Enjoys hiking, cooking, and traveling with her husband, Ken, and two sons, Kenny and Michael
- Speaks Portuguese and Spanish



Rebekah Sperling, MD

- Born in Baltimore, moved to Texas when she was 12 y/o and grew up in Waco area
- Enjoys camping, spending time with her husband, Chris, and daughter, Elizabeth



Meet the Providers (Cedar Park):

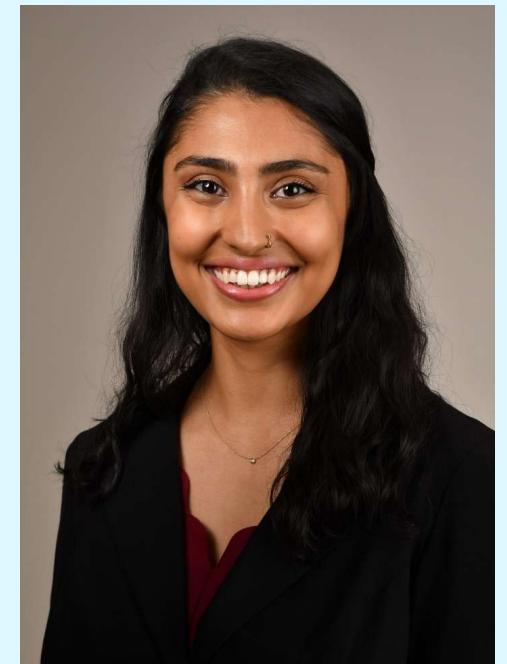
Taylor Billeaudeaux, FNP-C

- Born in Texas
- Ran Maternal and Fetal Medicine at Dell Children's
- Enjoys traveling, being active, and spending time w/ her husband and dogs (Reese and Piper)



Aditi Chalise, MD

- Born in Nepal, moved to Austin at age 7
- Joined North Austin Pediatrics in 2025
- Enjoys traveling, reading, and cooking



Meet the Providers (Leander):

Leighton Ellis, MD PRACTICE OWNER

AUSTIN, CEDAR PARK, & LEANDER LOCATIONS

- Born in NYC, Raised in Brazil
- Enjoys hiking, cooking, and traveling with her husband, Ken, and two sons, Kenny and Michael
- Speaks Portuguese and Spanish



Chelsea Johnson, MD

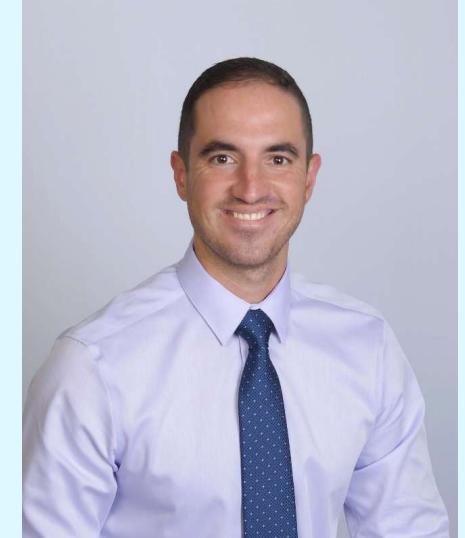
- Grew up in Texas
- D1 Diver for Purdue. Met her husband, Dr. Patterson, at Purdue as well
- Enjoys travel, audiobooks, costumes, and Texans football



Meet the Providers (Leander):

Ian Patterson, MD

- From Southern Indiana
- Met his wife, Dr. Johnson, at Purdue
- Enjoys hiking, running, and traveling with his wife and two daughters
- Fluent in Spanish



Melissa DeLario, MD

CEDAR PARK & LEANDER LOCATIONS

- Grew up in Texas
- Fellowship in Pediatrics hematology and oncology
- Enjoys spending time with her husband and 3 kids



Meet the Providers (Leander):

Taylor Randell, MD

- Grew up in New York state
- Joined North Austin Pediatrics in 2025
- Dachshund lover, enjoys crafting and reading

