

General Instructions Relating To Newborn Care

Child Care Limited Pediatrics

Ph. 816-942-8644 Fax 816-942-7066 Answered 24 hours



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Daily Hours: Monday-Friday 8:00 am – 5:00 pm
Emergency Walk-In: Monday-Friday 8:00 am – 4:30 pm
Saturday 8:00 am – 11:30 a.m.
Visit our Website: www.childcarelimited.com

Congratulations!

You have begun one of the most pleasant yet challenging experiences of your life – caring for a child and guiding their development. It is a happy and enjoyable time. Make the most of it.

As your pediatricians, we will be happy to give you guidance and answer your questions while you are in the hospital; and later during your visits to the office or by phone. Please visit our website www.childcarelimited.com for further information.

OFFICE PROCEDURES

You are encouraged to see whichever physician you prefer as your child's personal pediatrician and every effort will be made to provide continuity of care with that doctor. Occasions will arise, however, when your child may be seen by another of the pediatricians when your doctor is unavailable (on call, day off, vacation, ill, etc.). During office hours, your child's chart will be readily available to the physician who cares for him/her. After hours, however, you may need to familiarize the doctor taking the call with your child's history as they won't have ready access to the chart.

Please recognize that many routine illnesses and complaints are often handled a bit differently by individual physicians where a variety of diagnostic and treatment approaches are equally adequate. We hope you will not become confused or upset should one doctor treat your child somewhat differently than you are accustomed to for similar complaints. If you have questions, please call your doctor the next business day and feel free to discuss your child's condition and treatment.

Well child care – especially for newborn, infant, and pre-school children affords the pediatrician a chance to answer your questions about your individual child's progress and to help you as a parent to be a trained observer of your child for developmental progress and signs of illness.

APPOINTMENTS

Our patients are seen by appointment -- Monday through Friday from 8:00 a.m. to 12:00 noon and 1:00 p.m. to 4:30 p.m. We understand about being up with a child all night, so we also see patients on an emergency basis during the same time as above (8:00 a.m. to 11:30 a.m. and again 1:00 p.m. to 4:30 p.m.). We also see walk-in sick patients from 8:00 a.m. to 11:30 a.m. on Saturdays. Your child will be seen by one of the physicians in the practice during that time. You do not have to go to a retail facility and be seen by a nurse practitioner – you can see a specialized Pediatric Physician who has your child’s medical history.

Appointments usually, fall into one of the following categories: Well-Visits, Rechecks, Sick Visits, Physicals and Consults. Routine appointments (Well, physicals and consults) need to be scheduled as far in advance as possible. We set aside time each day for the care of children with acute illness or injuries. We ask that if you need us to examine or treat a sibling other than the one scheduled for an appointment, that you schedule another appointment for that child.

If you cancel an appointment, please do so at the earliest opportunity to enable us to free that time for others. If you do not call the office prior to the appointment, you will be charged a “Did Not Keep Appointment Fee”. This charge is your responsibility and will not be filed with your insurance. Our physicians strive to be on time for scheduled appointments, but unexpected delays may occur due to unforeseen emergencies.

Fees

Please bring your insurance card at each office visit. If Child Care Limited is a participating provider with your insurance company, we will submit claims once and ask that you pay your copays, coinsurance, and deductibles at the time of service. Contact our Business Office with any questions you have regarding your insurance. You are responsible for informing the practice of any insurance, address, or telephone changes. If your insurance company does not pay for the visits; balances are due within thirty (30) days unless previous arrangements have been made with the Business Office. We accept your personal check, cash, debit card, MasterCard, and Visa.

EMERGENCIES/TELEPHONE CALLS

One of our physicians is on call for the practice 24 hours a day. To contact a physician after hours and on weekends and holidays; please call (816) 942-8644 for the Emergency answering service. **IN CASE OF LIFE THREATENING EMERGENCY, PLEASE CALL 911.** Your insurance company may not pay for the emergency room visit for certain illnesses. You must contact the physician on call for authorization. Please notify the physician on call; if you go to the Emergency Room,

While we stress our availability by phone, we would ask that you defer your “routine” or “non-urgent” questions until business hours. We hope to reserve “off hours” calls to more acute concerns of patients with the concerns over the telephone. Telephone calls placed after business hours will be charged a fee. This fee does include Children’s Mercy Triage calls and calls going through our Answering Service.

REFERRALS

Your insurance plan may require you to have a referral from your primary care physician before seeing a specialist, going to an emergency room, or to another healthcare provider. Please contact the Business Office before seeking care elsewhere so we can assure the appropriate referral is made for you. We ask that you give us 3 days to process your referral. Sometimes, many phone calls are made to get only 1 referral.

SUPPLEMENTAL NEWBORN SCREENING TEST FOR RARE METABOLIC DISEASE

Extra blood screening test may be obtained through laboratories to diagnose rare inborn diseases. They are being offered to parents who may pay for the test and have blood drawn while in the hospital. All babies born in Missouri or Kansas do routinely receive mandatory testing for PKU, thyroid disease, galactosemia and sickle cell anemia. Ideally these optional supplemental tests can be prearranged by parents before delivery. Testing is optional and is left to each parent’s discretion.

YOUR BABY AS AN INDIVIDUAL

During the next few days much of your time will be spent in recovering from labor and delivery. You will also begin learning about your new baby's personality. Babies differ from each other in many ways and they should not be compared. You should not expect your baby to do what other children (your own or your friends) did at the same age. Love and respect your baby as an individual.

Hold your baby as soon as you can after delivery. Babies are not as fragile as they look. Supporting their head and body with your arm or hand is all that is necessary. Physical closeness, eye contact, gentle caressing and pleasant conversation will tell your baby that you love him/her. Getting to know each other in the hospital will make the adjustment to homecoming much easier.

Many babies sneeze, yawn, burp, hiccup, and pass gas, cough or cry. They may occasionally look cross-eyed. These are normal variations. Sneezing is a way a baby cleans the nose of mucus. Hiccups are spasms of the diaphragm muscle. Nursing or offering a few swallows of tap water will help relieve both of these symptoms.

FEEDING YOUR BABY

Feeding is one of the baby's first pleasant experiences. Whether you are breast or bottle feeding, you should hold your baby as closely and comfortably.

In general, babies should be fed when hungry or "on demand". Babies should be allowed to omit the middle of the night feeding at any time; if they so indicate. Your baby is the best judge as to the amount that is sufficient to satisfy their appetite. Your baby should not be coaxed or forced to take more than desired. Please call and we will advise you as to what should be done, if you feel, your baby's appetite is not being satisfied.

In keeping with the recommendation of the Academy of Pediatrics, we encourage you to continue to nurse your infant as long as possible. If you decide to discontinue nursing before one year of age, we suggest that your baby be given **Similac® Advance® Early Shield® with its unique blend of prebiotics and nucleotides, and antioxidants.**

CARING FOR YOUR BABY

Temperature: Try to keep an even comfortable room temperature of 70-75 degrees. On a hot day, provide ventilation; on cold days, check the baby occasionally to see if he/she is covered. A good rule of thumb is whatever is comfortable for you is usually comfortable for the baby.

Sleeping: Infants should be taught to sleep on their back during their first six months of age. This change was prompted by published data that convincingly shows a safety factor associated with back sleeping compared to the stomach position. In special circumstances your doctor may advise differently.

Clothing: Your baby does not require any more clothes than an adult. Dress baby according to the temperature. You may use any of the baby detergents to clean the baby's clothes. Some babies may develop rashes from dryer sheet fabric softeners. We do not recommend the use of dryer sheet fabric softeners.

Fresh Air and Exercise: Exercise should be encouraged during your baby's bath and at changing time. Whenever possible, take him/her outside. Avoid direct sunlight. Be careful to avoid sunburn. Sunburn in the childhood years is more damaging to the skin. Since sunscreen is not recommended until after six months of age, be especially careful to keep your baby protected from midday sun between 10:00 a.m. to 2:00 p.m. This is when the worst sun burning occurs.

Bathing and Skin Care: Prior to leaving the hospital you should be given instructions on bathing your baby. Until the umbilical cord completely heals, you may give the child a sponge bath. Never leave the baby alone in the tub for any time or for any reason. Test the temperature of the water so that it will not be too hot or too cold. In general, one or two baths per week is adequate. Over bathing may lead to dry skin which causes rashes. Use mild soap that is gentle on the baby's skin. There are countless skincare items sold for babies (lotions, oils, powders, etc.); your baby may have fewer skin problems if you avoid these items.

Eye Care: During the first 24-48 hours of age, your baby will have some redness of the eyes, possibly some yellow discharge, and puffiness of the eyelids. This reaction, to the ointment placed in the baby's eyes after delivery, goes away on its own and does not require treatment.

If you notice small amounts of matter on lashes or eyes becoming quite red with drainage or pus; please call your doctor or triage nurse for treatment. Do not place any type of eye drop in your baby's eye unless directed by your pediatrician.

Navel: Keep it clean and dry. Apply rubbing alcohol 4 times daily and continue this for 3 days after the cord has fallen off. Sometimes after the cord falls off there may be a few drops of blood but is no cause for worry. If the navel appears to ooze fluid, appears inflamed or has a foul odor, contact the triage nurse.

Care of Diaper Area: Change a baby's diaper as soon as possible after each bowel movement. After wetting, rinsing is sufficient; after each bowel movement, wash the diaper area clean with a soft cloth, soap and water. Rinse with warm water, pat dry with a clean, soft cloth. The diaper region may become inflamed due to the dampness of urine and stool. Frequent diaper changing is the most satisfactory control. A&D, Desitin, Diaperene or Vaseline may help. If the skin of the diaper area appears fire red or has a blistered rash, please consult us. Avoid plastic pants if your baby has diaper rash.

Bowel Movements: Your baby may have a bowel movement after each feeding, or may have one or two a day. Some babies go 48 hours or more without a stool and this is normal. A baby's pattern is very individual and you will soon learn your baby's pattern. Your baby may strain, but unless the stool is hard this is normal. Likewise, the stool may be yellow and watery, particularly if your baby is breast fed. This is also normal.

Genitalia – Girls: Clean between the labial folds with a cotton ball moistened in water, always cleaning from the front backward to the rectum. It is not unusual for girls to have a whitish or even bloody vaginal discharge during the first few weeks of age. This is due to hormones passed on from the mother during pregnancy.

Boys & Circumcision: The pediatrician will perform the circumcision after the child is stable. The decision whether or not to circumcise your son should be made by both mother and father as soon as possible. We will be glad to discuss the pros and cons of this procedure with you so that if you decide to have it performed, your consent will be truly informed. The care of either circumcised or uncircumcised will be discussed with you leaving the hospital and during routine office visits. If you have questions regarding this procedure, feel free to ask us or the nursing staff.

HEALTH SUPERVISION

1. When you are worried about your child, call us. Also, please have your pharmacy number available with pencil and paper ready to take down instructions.
2. If your child is acting ill, please take the child's temperature before calling us or Children's Mercy Triage.
3. For routine questions, medication refill, etc., please call during regular office hours which are Monday thru Friday 8:30 a.m. – 5:00 p.m. After hours, the telephone is answered by an answering service which will reach one of the pediatricians on call. In case of emergency, please call us before going to the Emergency Room.
4. Call our office while still in the hospital for your baby's first week checkup. These visits insure that your baby is growing and developing normally; that he/she is receiving appropriate nutrition; and to detect any problems that you perhaps have not noticed.
5. In addition to health guidance, your baby needs immunizations to protect him/her from certain illnesses. We follow the recommendations of the American Academy of Pediatrics. (A schedule of Immunizations is located in the back cover.)

SUMMARY

Over the next few days, weeks, and months, you will learn much about your new baby. Questions frequently arise. Please feel free to contact us with your concerns. We hope this booklet is helpful in addressing some of these concerns.

We offer our congratulations to you and we thank you for allowing us to help during this exciting and enjoyable time.



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