



PEDIATRIC ASSOCIATES

OF HAMPTON & PORTSMOUTH P.C.

*45 Years of Quality Healthcare
to the Community*

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Board Certified Pediatricians

Important Phone Numbers

Portsmouth Office	436-7171
Hampton Office	929-3838
Poison Control Center NH	1-800-222-1222
Portsmouth Regional Hospital Emergency Dept.	433-4042

Congratulations! The birth of a new baby is an exciting time for parents. Choosing names, decorating the baby's room, and deciding which essentials still need to be purchased are all important issues to address. Also, among important decisions to make is choosing your child's doctor. For your baby's medical care, you may choose a pediatrician or a family practitioner. The two types of doctors differ in that, following medical school, a pediatrician receives exclusive training specializing in the care of children from birth to late adolescence. Pediatricians are considered child health experts and remain current in children's health care by attending conferences and seminars that focus strictly on pediatric issues. We hope that this booklet will assist you by providing some information about our practice. We want you to make this transition into parenthood as easy as possible by providing guidance, answering questions and addressing any concerns you may have.

Pediatric Associates of Hampton & Portsmouth, P.C. is affiliated with the Portsmouth Regional Hospital and has offices located in Hampton and Portsmouth. We are a group of eight board certified pediatricians. Drs. Andrew Breen, Kimberly Hyer, and Lisa Benton work in the Hampton office. In the Portsmouth office are Drs. Keith Dominick, Daniel Brown, Gail Simonds, Dixon Turner and JoAnn Warren. All of our doctors live in and are committed to our community.

We also have four Pediatric Nurse Practitioners (PNP's) Anne McGann, Mary Morin, Mary Ellen Ryan and Lili Wierbonics. PNP's are registered nurses with advanced education in pediatric health care, pharmacology and child development. Our PNP's work in close collaboration with the physicians to provide comprehensive care for your child. Our PNPs are nationally certified and are required to meet specific standards and complete continuing education to maintain this certification. PNPs in the state of New Hampshire are licensed as Advanced Registered Nurse Practitioners (ARNP).

Pediatric Associates also has a full staff of trained nurses who work closely with our physicians and nurse practitioners. Our nurses are available to help you with any questions you may have regarding your child's medical care.

The members of our business staff are trained to assist you in scheduling, insurance processing and other questions regarding the policies of our practice.

Your Baby's Arrival

Upon admission to the hospital for your delivery, you will notify the staff as to who your child's pediatrician will be. Your baby's first visit with one of our physicians will be in the hospital. The doctor on call, rounds on all patients each morning and again each evening. Infants born of routine vaginal deliveries during the day will be examined that evening and babies born at night will be examined the following morning. You will have the opportunity to meet the doctor at that time. A pediatrician is present for all deliveries when your obstetrician is concerned about the progression of labor and feels that pediatric expertise is necessary.

You will likely meet two of our pediatricians during your hospital stay. Upon discharge, you will be instructed to call our office to schedule your child's first checkup.

Office Hours

The Portsmouth office is open Monday through Friday 8:00 a.m. to 5:30 p.m. The Hampton office is open Monday through Friday 8:00 a.m. to 5:00 p.m. Weekend appointments for urgent sick visits are available in the Portsmouth office on Saturday and Sunday from 8:00 a.m. to 12:00 p.m.

A physician is always available on call during the off hours for urgent matters. The on-call doctor can be reached by dialing the office number and leaving a message with the answering service. Please be available as the doctor will be returning your call as soon as possible. If your call has not been returned after thirty minutes, please call again and leave another message with the answering service. If you have a true emergency, please go directly to the emergency room.

Telephone Calls

If your child is sick, appointments may be scheduled during regular office hours. On occasion, we may have you speak with a nurse to discuss the nature of the visit so that we may allot the proper amount of time to address your concerns. If you think your child needs to be seen, please call as early in the day as possible to ensure that we see your child in a timely manner. We understand that many issues do arise late in the day and we will do our best to see your child in the office on that day if it is necessary.

We know, that as new parents, you may have questions regarding the care of your newborn. A nurse is available to discuss any questions or concerns you may have. You are welcome to call Monday through Friday from 9:00 a.m. to 5:00 p.m. The nurses have been educated and are able to answer most of your questions.

We hope you find this information helpful in introducing important issues regarding your child.

Remember, we are available to provide guidance to ensure you raise a healthy child.

We want to help you to have an enjoyable parenting experience.

There are times when the nurse may have to review your concern with a physician. If this is the case, your call will be returned as soon as possible during the day.

Please call us immediately if your baby has any of the following:

- Rectal temperature above 100.5° in an infant under two months
- Poor feeding
- Inconsolable crying
- Bluish skin color or difficulty breathing
- Lethargy
- Bleeding from the circumcision or significant bleeding from the umbilical stump

Please call as soon as possible with the following:

- No wet diapers after eight hours
- Vomiting (more than spitting up)
- Worsening yellow skin tone (jaundice)
- Blood in the stool

Well Child Visits

Your child will be seen frequently during the first year. Your first appointment will be at the age of two weeks. If there are any concerns, your child will be examined sooner. Your baby's well visit will be scheduled for 2, 4, 6, 9, 12, 15 and 18 months. After age 2, your child will be seen for a well child visit on a yearly basis. If there are any concerns with your child's health, growth, or development he/she will be evaluated more frequently.

Immunizations

Your child will receive several different immunizations during the first year of life. These can be expected during the well child visits at the ages of 2, 4, 6, 9 and 12 months. He/she will also receive boosters around 5 and 15 years of age. You will receive information about each vaccine and will have the opportunity to discuss the immunizations before your child receives them.

Safety Issues

We urge parents to take the time to review the safety concerns and suggestions we have listed below.

- Your infant must be placed in an approved car seat at all times when riding in a car. He/she should be rear facing until one year of age and reaches 20 pounds.
- Babies should always be placed to sleep on their backs to reduce the risk of SIDS.
- Never leave your baby unattended in the tub, alone on high places, or unattended in an infant seat on a table or countertop.
- Do not drink hot beverages while holding your baby.
- Become certified in infant/child CPR.
- Be careful when using old cribs. Slats should not be more than 2 inches apart.
- Never put your baby to bed with a bottle.
- We discourage the use of infant walkers (exer-saucers are ok).
- Make sure your smoke detectors are in working condition.
- Please have emergency phone numbers available by the phone (MD, poison control, fire, ambulance)

Items to purchase for the health and safety of your baby:

- Rectal thermometer
- Cool mist humidifier
- Smoke detectors
- Approved car seat
- Safety items (i.e. outlet protectors, cabinet locks, safety gates, etc.)