



PEDIATRIC ASSOCIATES

of Hampton & Portsmouth, P.C.



Partnering with parents for healthy kids.

55 Years of Quality Healthcare to the Community

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Board Certified Pediatricians

Important Phone Numbers

Portsmouth Office436-7171

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Poison Control Center 1-800-222-1222

Portsmouth Regional Hospital433-4042
Emergency Department

Congratulations! The birth of a new baby is an exciting time for parents. Choosing a name, decorating the baby's room, and purchasing essential items are all important issues to address – along with 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 on children's healthcare 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 to help you 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 Portsmouth Regional Hospital and has offices located in Hampton and Portsmouth. We are a group of six board certified pediatricians. Drs. Kimberly Hyer and Scott Murcin work primarily in the Hampton office, while Drs. Dixon Turner, Keith Dominick, Lisa Benton, and Alyssa Smith work primarily in the Portsmouth office. All of our doctors live in and are committed to our community.

We also have four Pediatric Nurse Practitioners (PNPs): Anne McGann, Mary Morin, Lili Wierbonics, and Chelsey Andrea. PNPs are registered nurses with advanced education in pediatric health care, pharmacology, and child development. Our PNPs 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 (ARNPs).

Pediatric Associates also has a full staff of trained nurses and medical assistants 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. If you deliver at Portsmouth Regional Hospital, your baby's first visit with one of our physicians will be in the newborn nursery there. The pediatrician assigned to the hospital rounds on all patients each morning and on infants born over the course of the day (during business hours). Babies born at night via routine vaginal

deliveries will be examined the following morning. You will have the opportunity to meet one of our physicians at that time. A pediatrician is present for all deliveries when the 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 8:00am to 5:30pm. The Hampton office is open Monday through Friday 8:00am to 5:00pm. Weekend appointments for urgent sick visits are available in the Portsmouth office on Saturday and Sunday from 8:00am to 12:00pm for all patients. Walk-in hours for urgent sick visits are available in the Portsmouth office Monday through Friday 8:00am to 9:30am; however, for the first two months of your baby's life, we encourage you to schedule a dedicated sick appointment for your child during our weekday or weekend sick hours.

A physician is always available on call during 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

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

Remember, we are available to provide guidance to assist you with your child's health.

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

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 know that, as new parents, you may have questions regarding the care of your newborn. A nurse is available during business hours to discuss these with you. Our nurses have been educated and are able to answer most of your questions; however, 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 100.4°F in an infant under 2 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 8 hours
- Vomiting (more than spitting up)
- Worsening yellow skin tone (jaundice)
- Dark (black) stools, pale (white) stools, or blood in the stool

Well Child Visits

Your child will be seen frequently during the first year. Your first appointment will be at 3-5 days old, typically followed by a second appointment at 2 weeks old. If there are any concerns at the newborn visit, your child will be re-examined sooner. Your baby's well visits will be scheduled for 2, 4, 6, 9, 12, 15, 18, 24, and 30 months. After age 3, 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 immunizations during the first two years of life. These can be expected during your child's well visits at the ages of 2, 4, 6, 9, 12, and 15-18 months old. They will also receive boosters at the ages of 4-5 years, 11-12 years, and 15-16 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 secured in an approved car seat at all times when riding in a car. He/she should be rear-facing until at least two years of age, or for as long as your car seat allows.
- Babies should always be placed to sleep on their backs to reduce the risk of SIDS.
- Never leave your baby unattended in the tub, in high places, or in an infant seat on a table or countertop.
- Do not drink hot beverages while holding your baby.
- Consider becoming certified in infant/child CPR.
- Be careful when using old cribs. Do not use a drop-side crib, and slats should not be more than 2 inches apart.
- Never put your baby to bed with a bottle.
- Use stationary jumpers/exer-saucers instead of infant walkers.
- Test your smoke and carbon monoxide detectors regularly.
- Have emergency phone numbers in your cell phone's address book and/or posted on the refrigerator (MD, Poison Control).

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

- Rectal thermometer
- Smoke detectors
- Cool mist humidifier
- Approved car seat
- Sleep sacks or other secure swaddle for safe sleep
- Childproofing items (e.g. outlet protectors, cabinet locks, safety gates, etc)