

What to expect for your baby's first visit and ongoing care



Scheduling your baby's first appointment

- A provider will typically see a new baby in the primary care office within 24 – 72 hours after leaving the hospital.

NOTE: This could change based on how well feedings are going, if there is anything that the hospital care team wanted your primary care provider to follow up on, or what day of the week you are discharged from the hospital.

- Before leaving the hospital, the care team will typically need to know either the name of the provider you've chosen for your baby, or the name of the office you'd like to schedule with.

TIP: Check in with your care team, as they may be able to schedule the appointment for your new baby before you are discharged.

What to bring to your baby's first visit

- Insurance information

NOTE: You may not have an insurance card yet, but the office may want to see identification and know more about your insurance carrier.

- Diaper bag with extra diapers, a change of outfit, milk/formula and a blanket
- List of questions you'd like to ask your baby's provider

TIP: Writing down your questions before the visit can help you remember everything you want to ask the provider while you are in the office.

What happens at your baby's first visit

- Several measurements will be taken for your baby, including weight, length and head circumference.

TIP: Don't forget clean diapers. You'll be asked to place your baby in a dry diaper to get an accurate weight check.

- You'll be asked several questions to start building your baby's history and help the provider understand how well your baby is doing at home. Questions may focus on feeding, the number of wet and dirty diapers, as well as home safety.
- You'll receive guidance on what to look for and be aware of as your baby continues to grow, along with when you need to follow up.
- A full head-to-toe exam of your baby will be conducted.

What to expect for ongoing care

Well-child visits are recommended to monitor your baby's growth and development, review your child's immunization record to ensure they are up to date, raise any concerns and more.

The American Academy of Pediatrics recommends well-child visits at the following times:

- **As a newborn:** two to three days after discharge from the hospital, and every few days if needed until feeding and weight gain are established
- **During the first year of life:** a visit at about 2 weeks of age and at 1, 2, 4, 6, 9 and 12 months of age
- **During the second year of life:** a visit at 15, 18, 24 and 30 months of age
- **In childhood and adolescence:** annual visits from 3 to 21 years of age

