

## WORTHINGTON PEDIATRICS

NANCY WORTHINGTON, M.D.  
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(352) 371-3604  
www.WorthingtonPeds.com

TERESA BRUNEY, A.R.N.P.  
EMILY POHL, A.R.N.P.

### **Prenatal Visit Information:**

Congratulations on the arrival of your little one! At Worthington Pediatrics, we are here to care for your child's health care needs and support you every step of the way.

We make hospital rounds to see you and your new baby at the hospital Monday through Friday. Weekends, we rotate nursery rounds with our call partners. We are usually at the hospital by 7 a.m., but may visit on our lunch hour or after work if needed. We hope you will stay in the hospital until your baby is close to 48 hours old. If you go home sooner than that, we will want to see the baby in the office within 24-48 hours.

We are open Monday through Friday, from 8 a.m. to 5 p.m. When you call in, if you want your child seen, let the receptionist know and an appointment will be scheduled right away. All sick children will be given same-day appointments. If you're not sure and need advice of a nurse, ask for a call back. For urgent medical questions, a nurse will return your call, usually within an hour. Less urgent questions will be addressed same day.

Our office or that of one of our call partners [Dr. Tumarkin & Dr Moros-Hanley] is open each Saturday morning from 8 a.m.-12 p.m. Pediatric After Hours is available to answer urgent medical questions, as well as see your sick child after hours. Always call our office number at (352)-371-3604 and you will be directed to whom to call.

Good Resources: We have created a Pediatric Care Manual that will provide you with helpful information necessary for childhood illnesses and health maintenance. This can be downloaded from our website, under Patient Handouts ([worthingtonpeds.com](http://www.worthingtonpeds.com)). "What To Expect The First Year", is also a helpful resource. "Caring For Your Baby And Child-Birth To Age 5", is available when you join the Publix Baby Club (<http://www.publix.com/clubs/baby/QandA.do>). "Zero To Five" by Tracy Cutchlow is a newer great practical resource.

We hope you will breast feed your baby. We offer breastfeeding support and guidance as needed. Initially, breastfeeding for 5-10 minutes per feeding session is recommended. Longer feeding sessions may result in nipple trauma. In some situations, a small supplement of formula may be recommended for a day or two. We will guide you further at your baby's first check ups. Be sure to continue a healthy diet, any prenatal supplements you were using, and consume plenty of water. The first 2 weeks in particular are a steep learning curve and we are happy to help as you navigate this.

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Your baby's first visit at our office should be 24-48 hours after discharge from the hospital. Please consult our Pediatric Care Manual to learn about recommended schedule of well- child visits. We schedule plenty of time for each check-up (usually 20 minutes), to ensure you have adequate time to ask questions and discuss growth and development, safety, sleep, nutrition, etc.

Your child under the age of four months will be brought back to a clean "well baby" room immediately without you having to wait in the general waiting room. Please stay at the check- in window so the receptionist is aware.

Please also reference our New Baby/Toddler Page on our website for a multitude of additional resources for you and your family:  
[http://www.worthingtonpeds.com/Whats\\_New/Entries/2013/8/27\\_New\\_Baby\\_Toddlers.html](http://www.worthingtonpeds.com/Whats_New/Entries/2013/8/27_New_Baby_Toddlers.html)

We look forward to taking care of your child for years to come!

With Kind Regards,

Nancy M. Worthington, M.D.