



WATCHUNG PEDIATRICS



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Suite 3
Fanwood, NJ 07023
908-889-TOTS (8687)

Visit our Website
www.watchungpediatrics.com



for new parents

Congratulations! You are about to embark on one of life's most interesting, demanding, and rewarding experiences - parenting! We appreciate you choosing Watchung Pediatrics to help you with the health care and development of your new baby. This booklet is designed to help you with some common concerns and the care of your newborn.

We expect to see you in the office within the first 3 days of discharge from the hospital. Please bring questions with you. ANYTHING that concerns you is important to us. This booklet is not in place of a visit to our office. It is a reference guide for common questions and to introduce you to our office policies.

OFFICE HOURS

WARREN:

- Our Warren office hours are Monday through Friday, 8:00 am - 5:00 pm. Our Saturday hours are 9:00 am - 12:00 noon by appt.
- Our Warren phone lines are open Monday through Friday, 9:00 am - 5:00 pm and Saturday, 9:00 am - 12:00 noon.
- We reserve Saturday Check-ups for children who have two working parents.
- Our Warren telephone number is 908-755-5437.

FANWOOD:

- Our Fanwood office is open Monday through Friday, 9:00 am - 5:00 pm.
- Our Fanwood office is closed Saturday and Sunday.
- Our Fanwood telephone number is 908-889-8687.

MILLBURN:

- Our Millburn office is open Monday through Friday, 8:30 am - 5:00 pm. Our Saturday hours are 9:00 am - 12:00 noon by appt.
- Our Millburn phone lines are open Monday through Friday, 9:00 am - 5:00 pm and Saturday, 9:00 am - 12:00 noon.
- Our Millburn telephone number is 973-376-7337.

WALK-IN SERVICES

NOTE: Walk-in sessions are available Monday through Friday in the Warren and Millburn offices. There are **NO** Saturday walk-in hours!

- As a courtesy to our established patients, we offer 2 walk-in sessions, 8:00 am - 11:00 am and 2:00 pm - 5:00 pm in our Warren office.
- We offer 2 walk-in sessions in our Millburn office, 8:30 am- 9:30 am and 3:30 pm- 4:30 pm.
- WALK-IN sessions are for acute problems only (*ear pain, throat pain, fever, wheezing*). Patients will be seen on a first come, first serve basis. If your child needs to be evaluated for a chronic problem like chronic abdominal pain or headaches, behavioral issues, or if they have never been seen in our office before, please schedule an appointment. This will enable us to spend an ample amount of time addressing all of your concerns.
- Same day sick appointments are available in all offices.

WHEN THE OFFICE IS CLOSED

EVENING HOURS: 6:00 pm - midnight

- PEDIATRIC URGICARE (**908-918-1666**) is our after-hours telephone advice line from 6:00 pm - midnight, 7 days a week. Urgicare employs pediatric nurses who provide emergency advice to patients after hours. Please feel free to call if you have an urgent question or need to check on a medication dosage. The phones are busiest from 6:00 pm - 8:00 pm, so please be patient.

EVENING HOURS: midnight – 6:00 am

- Contact our answering service at **908-251-9038** who will page our on-call nurse.

WEEKENDS AND HOLIDAYS: (6:00 am - 6:00 pm)

- When our offices are closed, one of the practitioners is available until 6:00 pm by contacting our answering service. We would appreciate your calls during the morning hours whenever possible, so that we can schedule appointments when a practitioner is already in the office.
- Our answering service telephone number is **888-223-6810**.
- Our offices are closed in observance of the following holidays:

Memorial Day	July 4 th	Labor Day
Thanksgiving	Christmas	New Year's Day

BILLING

- Payment is expected at the time of service.
- As a courtesy, we will attempt to bill your insurance company three times. After the third attempt, any unpaid charge will become your responsibility.
- All co-pays will be made at the time of check-in. No service will be provided without a copay. This is your (*and our*) contractual obligation with your insurance company.
- All other payments are expected at check-out after medical services are rendered. We will provide you with a receipt for submittal to your insurance company. You may submit payment by cash, check, or credit card (*MasterCard, Visa, or Discover*). If you have any insurance questions please call our billing department at 908-755-5437, extension 2.
- Please bring your insurance card with you for every visit.
- There will be a \$50.00 charge for failure to cancel a weekday appointment at least 24 hours in advance and a \$75.00 charge for failure to cancel a weekend appointment at least 24 hours in advance.
- We charge \$1 per page, per child, to copy medical records. When records are mailed directly to your new physician, there is a maximum charge of \$25 per child.
- We charge \$10.00 for completion of school and camp forms for completion in 3-5 business days
- There is an additional \$5.00 charge to rush forms

REFERRALS

- Our office has a network of specialists that we refer to.
- It is your responsibility to know your insurance requirements about referrals.
- Because provider's participation can change, please contact your insurance company or the specialist, to confirm they accept your insurance.
- If you need a referral please call 908-755-5437, extension 6
- Please allow 5 business days for your referral to be processed

WATCHUNG PEDIATRICS VACCINE POLICY

At Watchung Pediatrics, we truly believe that vaccinating children and adolescents to prevent them from acquiring life threatening diseases is probably the most important service that we offer to patients in our practice. Simply put, vaccines save countless lives. As health care providers, we know based on the medical data that the benefits of immunizing children and adolescents far outweighs any perceived or unproven risks of harm to children and adolescents from the vaccines. There is now very reliable medical evidence that vaccines or any of their components don't cause Autism or any other developmental disabilities. As your trusted health care providers, we feel as many other pediatric practices do, that we have an important responsibility to protect our families and communities from vaccine preventable diseases. Because of this, we can no longer accept the risk that unimmunized or under-immunized children or teens pose to other children and their families in our practice and in our communities. Therefore, we have revised our Watchung Pediatrics' vaccine policy based on the recommendations of the American Academy of Pediatrics (AAP) and the Center for Disease Control (CDC). We want to assure you that vaccines are safer today than they have ever been and that it is completely fine to give multiple or combination vaccines at the same office visit. This is because the reactivity of the individual vaccines is a tiny fraction of what a child's immune system would be faced with if it were exposed to the actual diseases.

THE PRACTITIONERS

Watchung Pediatrics has 13 practitioners that provide care for our patients: Dr. Andrea Katz, Dr. Susan Barasch, Dr. Bonita Gillard, Dr. Donna Koward, Dr. Sarah Kramer, Dr. Andrea Ploshnick, Dr. Jeffrey Eng, Dr. Vineetha Alias, and Pediatric Nurse Practitioners, Kathleen Dempsey, Nancy Montville, Susan Korb, Jessica Haines, and Jessica Hopkins. Nurse practitioners are licensed to provide full pediatric services, including thorough check-ups, sick visits, and have the ability to prescribe medications.



from the hospital

All babies born in the State of New Jersey are tested for hypothyroidism, galactosemia, phenylketonuria, sickle cell disease, and several other disorders. Although these inborn errors of metabolism are rare, they are important to identify and treat promptly to prevent mental retardation and other complications. The test is done by a heel stick and the blood is sent to the State Department of Health. If your baby was discharged from the hospital within 24 hours of life, bring the baby to our office for a repeat test on the fourth day of life.

Now that you are home, everyone will want to visit the new baby. Please limit your baby's visitors for the first few weeks, especially children. Ask visitors to wash their hands before handling the baby. The baby needs time to build up a resistance to common infections. A cold or cough could make a newborn quite ill. Avoid crowded places like the mall, restaurants, or grocery stores for the first few weeks.



your newborn

Breast milk or infant formula is all that your newborn needs to grow. Our office strongly encourages breast-feeding, however, if you choose to bottle-feed we will be happy to help you choose a formula for your baby.



feeding

Breast milk is ideal nutrition for babies. It provides all the necessary nutrients as well as additional antibodies to protect your baby from illness.

Breastfeeding should be initiated as soon after birth as possible. Take advantage of the hospital based breastfeeding classes given by the nursing staff or lactation consultants. Persistence in the first few days will help the baby learn to nurse.

Initially, the baby receives colostrum (a thin yellowish substance) from the breast which is rich in nutrients. On or about the third or fourth day your milk flow will increase. We discourage supplements until your milk supply is well established.

Breastfed babies will initially feed at least 8-12 times in a 24- hour period. A good latch will help prevent nipple soreness. This includes a wide-open mouth, lips turned out, not rolled in, baby's chin touching breast, and baby's tongue under the nipple.

We encourage demand feeding. You can expect to nurse the baby every 2 to 3 hours initially. Babies will sometimes sleep up to 4 hours between feedings (hopefully at night). If your baby sleeps longer than 4 hours during the day, arouse the baby. In general, it is not necessary to wake a sleeping baby at night.

You may wish to purchase or rent a breast pump. Pumping the breasts allows others to bottle-feed your baby. Expressed breast milk may be kept in the freezer for up to one month. Thawed and refrigerated breast milk can be kept for up to 2 days. Our staff is available for additional breastfeeding information and telephone consultation.

BOTTLE feeding

If you choose to bottle-feed, we recommend starting with a milk-based iron fortified formula. You will want to prepare small amounts. Prepare 4 ounce bottles. Most babies will take between 2 and 4 ounces every 3 to 4 hours initially. It is important to discard unused portions of formula, since bacteria from the baby's saliva contaminates the formula.

It is important to notify our office if you think your baby is not tolerating the formula. Symptoms of formula intolerance may include a rash, excessive spitting up, and frequent (more than 5 per day) runny stools. If you are concerned that your baby is not tolerating the formula, please call our office before you switch formulas.

It is important to bottle-feed on a 45-degree angle. This allows the baby to suck and swallow easily. Also, fluid may get into the eustachian tubes and make your baby prone to ear infections if fed while lying flat. Never prop a bottle. Your baby needs to be held and experience closeness during feeding which leads to feelings of belonging and security.

In very hot weather, you may offer your infant 1 to 2 ounces of water per day. This may be spread out over the day between feedings. Plain tap water is adequate. If you have well water, please boil and cool the water first.

There is no need to start solid foods until the sixth month of age. Early introduction of cereal or other foods can lead to allergies and other problems. Juice is not recommended.

Children should remain on formula or breast milk for the first full year of life. Cow's milk contains no iron and may lead to anemia.



Most newborns will sleep a lot, usually waking every 2 to 4 hours to feed. Position your baby on his/her back to sleep. Place the baby down while they are still partly awake. If the baby falls asleep during a feeding, waken the baby ever so slightly and put the baby in the crib or bassinet.

At about 3 to 4 months of age, babies generally start sleeping through the night. Establish a bedtime routine early and be as consistent as possible. Good sleep habits are formed early.

CRYING

One way your baby has to communicate with you is through crying. You will quickly learn to identify which cry means hunger, pain, anger, and restlessness. Most babies have a fussy period usually in the early evening which coincides with the most active time for the household. This is a time when your infant needs and demands additional attention. You cannot spoil your baby by holding him/her when they are fussy.

It is frequently more stressful for everyone if the crying infant's needs are not met. Fortunately, these fussy periods usually last only a few months.

Colic can be described as excessive high-pitched crying as the result of spasms of abdominal pain. The baby cries suddenly while drawing up knees to the chest and possibly expelling gas. Colic is thought to be related to an immature gastrointestinal system and presence of gas. Breastfed and bottle-fed infants can have colic. Usually, comfort is all that is required. Things that should help calm a colicky baby are:

- Infant Swing
- Rocking
- Pacifier
- Swaddling the Infant
- Ride in the car
- Rhythmic patting on the back
- A walk in the stroller
- Music
- Infant massage
- Use of an infant front carrier like Snugglee®

If you suspect your baby has colic, please call our office.

PACIFIERS

Newborns have an inborn sucking reflex. Breastfed babies have to suck fairly hard to get the milk from the breast. Bottle fed babies do not necessarily need to suck as hard and may suck on their fist, thumb, or pacifier to meet this non-nutritive sucking need. Breastfed babies who are demanding the breast every hour and half or so may be using the breast to satisfy this need to suck when in fact they are not really hungry. Pacifiers can help meet this need. We recommend using a one-piece pacifier until the age of 4 months when the need to suck is greatly diminished. Pacifier use after 4 months can become habitual.

Your baby's SKIN

Your baby's skin is very sensitive. Some babies are born with "stork bites". These pink areas are usually found on the eyelids, forehead, or back of neck. They are a collection of small blood vessels and will fade with age. Some babies are born with white spots on the nose called milia. Do not attempt to squeeze them. They will go away without any treatment. A very common newborn rash is infant acne. This will disappear in 6 to 8 weeks. You can sponge bathe your baby daily with warm water. Only use water on the face and genitals for the first few weeks. We recommend a mild unscented soap like Dove® for the hands, feet, and body.

You can shampoo your baby with a mild shampoo twice a week. The "soft spot" or fontanel is where the bones of the skull meet. As your baby grows, this will get smaller and eventually close by 2 years of age. It is important to shampoo over the soft spot.

Some babies will develop seborrhea or "cradle cap" which is characterized by yellowish scales or flakes on the scalp, usually over the soft spot. If your baby develops this, apply mineral oil to the scalp 20 minutes before shampooing and massage gently. Then shampoo with mild dandruff shampoo like Head & Shoulders®. Be careful to avoid shampoo contact with the eyes.

U**M****B****I****L****I****C****A****L** **cord care**

Your baby's umbilical cord was clamped and cut shortly after birth. It will take 2 to 3 weeks for the cord to dry up and fall off. It is important that you keep the cord clean and dry. Fold the diaper below the cord to avoid irritation and allow air to help the drying process.

You may notice a spot of blood in the diaper or around the cord as it gets ready to drop off. This is normal and of no concern. Please call our office if you notice a foul odor or discharge from the cord or a redness on the skin around the cord.

D**I****A****P****E****R** **care**

The diaper should be changed shortly after the baby urinates or has a bowel movement. Cleanse the area thoroughly with warm water and wash cloth or tissue. Diaper wipes contain chemicals which may irritate the skin of a newborn. Avoid using them for the first few weeks.

You may wish to use a moisture barrier especially if you are using cloth diapers. An ointment like A&D[®], Balmex[®], or Desitin[®] works well as a moisture barrier. If a rash develops, please call our office.

CLOTHING

Maintain your house at a comfortable temperature of 68-70 degrees for the comfort and safety of your newborn. Dress the baby as you would dress yourself – do not overdress. We recommend dressing your baby in cotton clothing which is less irritating than synthetic fabrics. All clothing should be washed before it is worn by the baby. Use a mild detergent, free from perfumes and dyes, like Dreft®, Tide-Free®, Cheer-Free®, etc.

A hat should be worn when the baby goes outside in any season. In the summer, a hat protects the baby's skin from the sun and in the winter, prevents excess heat loss.

Your baby

If your baby boy was circumcised, you will need to apply Vaseline®, A&D®, or any petroleum jelly to the circumcised area at each diaper change. Call our office if you notice blood or swelling. If your baby boy was not circumcised, don't pull the foreskin back, it will retract as the baby grows.

Your baby

Many newborn girls have a whitish discharge from their vagina. Some even have spotting with blood. This is in response to the mother's hormones and will go away within the first few weeks. Just clean the area with warm water and cotton balls.

RECOMMENDED SCHEDULE OF OFFICE VISITS

PRENATAL	Optional
BIRTH or 2 WEEKS	Hepatitis B, (Vitamin D if Exclusively Breastfeeding)
1 MONTH	Hepatitis B
2 MONTHS	DTaP, IPV, HIB, Prevnar, Rotateq
4 MONTHS	DTaP, IPV, HIB, Prevnar, Rotateq
6 MONTHS	DTaP, HIB, Prevnar, Rotateq Start Fluoride Vitamins
9 MONTHS	Hepatitis B, Hemoglobin, Lead Testing, Developmental Screening
12 MONTHS	Varivax, Hepatitis A, MMR
15 MONTHS	HIB, Prevnar
18 MONTHS	DTaP, IPV, Hepatitis A, Developmental Screening
2 YEARS	Lead Testing, Hemoglobin
30 MONTHS	Developmental Screening
2-6 YEARS	Lead every year for Family Care insurance
4-5 YEARS	DTaP, IPV, MMR, Varivax
5, 10, & 15 YEARS	Urinalysis
11 YEARS & UP	Tdap, Menactra, HPV (Gardasil)
16 YEARS	Menactra #2
Teens	CBC, Electrolytes, Lipids, Thyroid Screen

- Flu Shots are recommended for infants over 6 months.
- Flumist is recommended for children over 2 without medical problems.
- Hepatitis A series (2) is recommended for all children 1 year of age and older.
- Varivax booster is recommended for children 4 years of age and older.
- Gardasil series (3) is recommended for all teenagers.
- Yearly check-ups after 3 years of age are necessary to follow growth and development.
- Additional check-ups may be scheduled if the practitioner or parent desires.

Directions to our Warren Office

From Route 78W

- Take exit 40.
- Make a right onto Hillcrest Road. Take Hillcrest Road approximately 1 mile to blinking light (Mountain Avenue).
- Make left and follow for 1.3 miles to Stirling Road.
- Make a left onto Stirling Road. Go through the light at Reinman Road. Our office is located in the Watchung Hills Office Center Complex on the left across from the Krauzer's Convenience Store.

From Route 78E

- Take exit 40.
- Make a left onto Hillcrest Road.
- Follow directions above.

From Route 22W

- Take Watchung/VA Hospital Exit to the Watchung Circle. Take the Watchung Circle halfway around to Stirling Road. (Watchung Lake is on your left).
- Take Stirling Road for approximately two miles. Our office is in the Watchung Hills Office Center Complex on the right.

From Route 22E

- Take Watchung/Plainfield Exit just after the Honda dealership.
- Follow directions as above.

Directions to our Fanwood Office

From Route 22E/W

- Take Scotch Plains/Berkeley Heights Exit towards Scotch Plains. This puts you on Park Avenue, which turns into Martine Avenue. Take this through Scotch Plains into Fanwood.
- Just over the bridge make a left onto South Avenue.
- Our office is about ¼ mile down on the right.

Directions to our Millburn Office

From Route 78

- Take exit 49A to merge onto NJ-124W/Springfield Ave toward Union/Springfield.
- Turn right onto Main Street.
- Turn right onto Millburn Ave.
- Our office will be ¼ mile down on left.

From Route 280

- Take exit 9 for Mt. Pleasant Ave toward W. Orange/Montclair.
- Turn right onto Mt. Pleasant Ave.
- Turn left onto Gregory Ave.
- Turn right onto W. South Orange Ave.
- Turn left onto Wyoming Ave. S.
- Turn right onto Millburn Ave.
- Our office will be 400 ft. away on the right.