

Congratulations on your baby's first pediatrician appointment! Keep reading to find out what to bring to your first visit at ESD Pediatric Group

Congratulations on your baby's first pediatrician appointment! This milestone marks the beginning of your baby's health care journey. To ensure a smooth and productive pediatrician visit, it's important to come prepared with the right items. Pack your diaper bag and be prepared for a successful visit with your pediatric provider at ESD Pediatric Group.

Here is a checklist of things to bring and important considerations for your baby's first visit with a pediatric provider:

Documents, paperwork, health care information

1. **Health insurance information; insurance cards. If your baby has not been added to the parent/guardian's insurance plan, please contact your insurance carrier as soon as possible. As a reminder, most health insurance plans have a deadline to add a newborn to existing policies.**
2. Photo ID (for parent/guardian)
3. New patient forms (emailed when registering with the practice)
4. Immunization records (if available, likely from the hospital)
5. Previous medical records (if applicable, such as lab tests, X-rays, allergy information)
6. Pharmacy contact information

Having these documents ready will streamline the check-in and insurance process. **Additionally, providing your health insurance information is crucial for accurate billing and record-keeping.**

Your baby would have received immunizations in the hospital. It's a good idea to bring immunization records, if available, to the first visit.

Questions and concerns

1. List of questions or concerns about your baby's health
2. Notebook and pen to write down important information (or use a phone voice recording app)

Bringing a list of questions or concerns will help you make the most of your time with the pediatrician and ensure all your worries are addressed. The pediatrician also can offer parenting advice, tips and best practices.

Baby essentials

1. Diaper bag with changing essentials (diapers, wipes, changing pad)
2. Change of clothes for your baby (in case of accidents)
3. Feeding-related items (bottles, formula, breast pump, if needed)

Having a well-stocked diaper bag is essential, including items for changing, feeding and soothing your baby. It ensures you're prepared for diaper changes and other unexpected situations. Accidents can happen, and having a change of clothes can save you from any unexpected messes. If your baby is formula-fed or you're using a breast pump, bring the necessary supplies. This is especially important if the appointment falls around feeding times.

Comfort items

1. Blanket or favorite toy for baby's comfort during the visit
2. Soothing item, if your baby uses one

Note: The American Academy of Pediatrics recommends that babies not use a pacifier until they are 1 month old, after breastfeeding is well established.

Even though your baby is a newborn, a familiar item like a blanket can help comfort them in an unfamiliar environment.

Medications

1. Any medication or supplements your baby is currently taking
2. Note explaining dosage and purpose of the medication

It's important for the pediatrician to know about any medications your baby is taking to ensure accurate medical recommendations.

Now you're all set

Remember, your baby's first pediatrician appointment is an exciting step in their development. By coming prepared with the items on this checklist and being proactive with your questions and concerns, you'll set the stage for a positive and informative experience that benefits both you and your little one.



905 Main Street
Milford, OH 45150

4000 Smith Rd., Ste. 175
Cincinnati, OH 45209

WEBSITE: ESDPEDS.COM

Appointments: (513) 248-1210 Option 2 Fax: (513) 248-3065