

Planning Your Baby's Medical Care at

UW Medicine's Pediatric Care Center

Our Services

The Pediatric Care Center offers:

- **Well-child checkups**
- **Sports physicals**
- **Immunizations**
- **Same-day urgent or illness care**
- **Consulting nurse support 24 hours a day, 7 days a week**
- **Emphasis on preventive healthcare and wellness**
- **Behavioral consultations**
- **Environmental health evaluations**
- **International adoption specialty services**
- **"Meet & Greet" visits for expectant parents**
- **Lab and X-ray services in the same building**
- **Lactation consultations**

Choosing Your Child's Healthcare Provider

Residents: Residents are doctors who are in a 3-year program to specialize in pediatrics. They receive onsite training and supervision by board-certified pediatricians at the Pediatric Care Center.

Advanced Registered Nurse Practitioners (ARNPs): ARNPs are registered nurses with advanced training. They specialize in well care of children and in the care of common childhood illnesses.

Attendings/Faculty: These doctors provide general pediatric care. Some accept new patients. They are all faculty members of UW School of Medicine, and medical staff members at Seattle Children's Hospital.

Insurance

We accept most insurance plans, including medical coupons. Please ask if your plan is covered.



Most families choose a health care provider for their baby well before their expected due date.

Finding a provider early gives you time to choose one who is a good fit for your family – without feeling rushed to make a choice.

Call the Pediatric Care Center at 206.598.3000 and press 8 to learn more or to schedule a "Meet & Greet" visit (see next page for more information).



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(More information on back)



Same-day Appointments

Scheduling staff are available weekdays, 8 a.m. to 5 p.m. Call 206.598.3000.

Families needing same-day appointments usually talk by phone with clinic nurses to make sure urgent needs are met quickly. Please tell the nurse ALL the reasons for your visit so we schedule enough time for you.

Nurses can suggest ways to treat your child at home, when possible. This may save you a trip to the clinic. But, our nurses will make sure you are scheduled for an appointment if you feel your child should be seen. They will also ask for information that can make your check-in go more quickly.

Well-child Care

We suggest children have well-child care visits at the ages listed below. During these visits, your child's provider will check your child's physical, emotional, social, and language development. Recommended immunizations may also be offered at these visits.

- 2 to 5 days
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 36 months
- Yearly to age 21

Your child's provider will suggest ways to keep your child safe as he or she grows. Feeding, nutrition, and other parenting topics are also discussed.

Our health care providers want you to feel successful in your role as parent. Please bring your questions!

“Meet & Greet” Visits

Many families set up a Meet & Greet visit with a health care provider they are considering. There is no charge for this visit.

During the visit, you and your guests will be able to interview a provider. You can tour the clinic so you can see what it is like and see the staff in action. Some questions many people ask at Meet & Greet visits are:

How many days a week do you work in the clinic?

If you are not in the clinic, who will see my child?

Can I reach you after clinic hours?

How will I get my parenting or health-related questions answered between visits? How quickly do you respond?

Do you specialize in one area of pediatric care or have a special interest in an area of care?

How and when is education offered to families?

Do you suggest routine checkups? How often?

What makes your practice different from others'?

What role will I play in making decisions about my child's care?

If I deliver at _____ hospital, will you be able to see my baby there before we leave the hospital?