

Choosing a Provider for Your Newborn

Tips for new parents

When should my baby see a healthcare provider?

An on-call pediatrician will check your baby while they are in the hospital. You will then need to schedule **well-baby checkups** for when your baby is:

- 3 to 5 days of age
- 2 weeks of age

Your baby will then need **weight checks** and **immunizations** at:

- 2 months
- 4 months
- 6 months
- 9 months
- 12 months

Your baby's provider will tell you when your infant needs to be seen after 1 year of age.



Schedule your baby's first well-baby checkup for when your baby is 3 to 5 days old.

When should I find a provider for my baby?

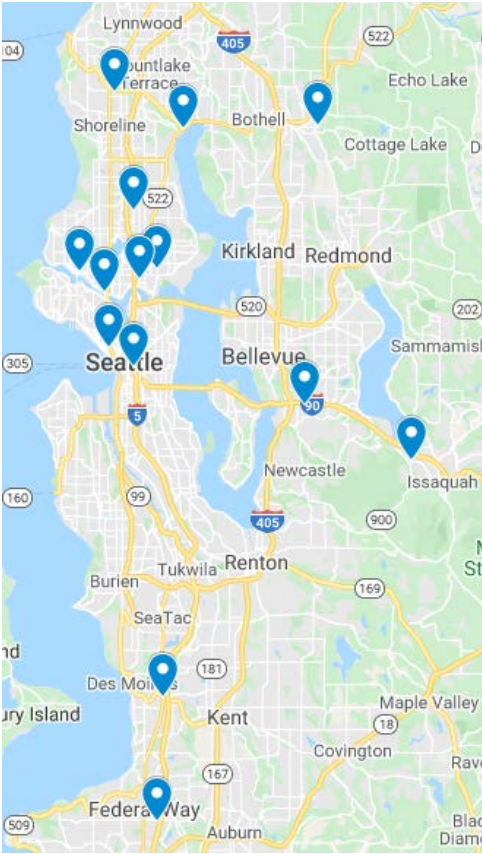
Try to find a provider for your baby during your 3rd trimester. This checks off one important item from your "to do" list early, before you are juggling all the tasks that come with caring for a new baby.

How do I find the right provider for my baby?

First, check which providers or clinics your insurance plan covers. Then find out which ones are near you. You may also want to ask family and friends if they have a provider they like.

Talk with different clinics to see if their services fit your needs. Some important questions to ask are:

- What are the clinic hours?
- Is the clinic easy for me to visit on weekdays and weekends?



UW Neighborhood Clinics are in many places in the greater Seattle area.

- How does the clinic handle phone calls and questions?
- If my child had a serious illness, what hospital would my child go to?
- How does the provider view feeding and newborn care?

What clinics offer pediatric care?

There are many clinics in the greater Seattle area that offer pediatric care. The Pediatric Care Center at UWMC-Roosevelt, UW Neighborhood Clinics, and the Pediatric Clinic at Harborview all offer well-baby checkups.

Here are the phone numbers of some clinics to call in the greater Seattle area:

Pediatric Care Center at UWMC-Roosevelt	206.598.3000
Pediatric Clinic at Harborview	206.520.5000
UW Neighborhood Ballard Clinic	206.789.7777
UW Neighborhood Belltown Clinic	206.443.0400
UW Neighborhood Factoria Clinic	206.957.9000
UW Neighborhood Federal Way Clinic	253.520.1799
UW Neighborhood Fremont Clinic	206.545.9300
UW Neighborhood Issaquah Clinic	425.391.3900
UW Neighborhood Kent-Des Moines Clinic.....	206.870.8880
UW Neighborhood Northgate Clinic.....	206.528.8000
UW Neighborhood Olympia Clinic.....	360.507.9100
UW Medicine Primary Care at Lake Forest Park...	206.668.8272
UW Neighborhood Ravenna Clinic.....	206.525.7777
UW Neighborhood Shoreline Clinic	206.542.5656
UW Neighborhood Woodinville Clinic.....	425.485.4100

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UW Medicine Call Center:
206.520.5000
