

About Baby's First Visit to Thibodaux Regional Pediatric Clinic

When is the First Visit?

Usually within 2-3 days after leaving the hospital.

What to Bring?

- Baby's discharge paperwork from the hospital
- Any feeding/diaper logs you've started (some parents track this on paper or an app)
- Insurance card and ID
- List of questions you have for the doctor
- A blanket to keep baby warm (they'll be undressed for part of the exam)
- Diaper bag with extra diapers, wipes, bottle or formula (if using), pacifier, change of clothes

What to Expect?

- The baby will be weighed, measured, and checked head-to-toe
- The doctor will ask about:
 - Feeding (breast/formula)
 - Wet and dirty diapers
 - Sleep habits
 - Any concerns you've noticed
- You'll have time to ask questions — no question is too small!

Tips for a Smooth Visit

- Try to feed baby before the appointment so they're content (but bring a bottle or be ready to breastfeed if needed)
- Dress baby in easy-to-remove clothing (think onesies with snaps)
- Be prepared for a little crying during the exam — it's totally normal
- Write down your questions in advance (baby brain is real!)

Remember

This first visit is as much about your baby's health as it is about giving you reassurance and support as a new parent. Don't hesitate to speak up or ask for help!



For questions or to schedule an appointment, call:

985.447.9045



**THIBODAUX REGIONAL
PEDIATRIC CLINIC**

Thibodaux.com/pediatric-clinic