

Post-Delivery

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Should I breastfeed my baby?

We recommend all women breastfeed their babies. The American Academy of Pediatrics states that one year of breastfeeding is optimal. We encourage you to take a class to better prepare you for breastfeeding. Both hospitals have lactation specialists who can help with breastfeeding after the baby is delivered and can help you once you have gone home.

Breastfeeding moms need a higher caloric intake than others; you need about 2800 kilocalories a day to keep up. This is not the time to go on any diets so as not to deprive your baby of any nutrients—you will lose weight with time. You will also need to continue taking your prenatal vitamins and calcium to help supplement your diet.

Who will be the doctor for my baby?

You will need to pick a pediatrician for your baby by your 30th week because they will see your baby the morning after you deliver (the hospital will notify your physician when you have delivered). Picking a pediatrician is an important decision: you will take your newborn to the doctor frequently the first year and you will want to be in a place where you feel your needs are being met. Meet with your doctor before the delivery to get to know him or her. Your insurance may prefer certain providers and you can obtain a list of providers from your insurance company. At the bottom of the page, we have a document which lists many of the pediatricians in the area

Do you have a list of companies for information about cord blood banking?

Cord Blood Registry	www.cordblood.com	888-CORDBLOOD
Cryo-Cell International, Inc.	www.cryo-cell.com	800-stor-cell
LifebankUSA	www.lifebankusa.com	877-543-3226
MAZE	www.mazecordblood.com	877-629-3522
StemCyte	www.stemcyte.com	866-389-4659
ViaCord	www.viacord.com	800-99-viacord

Who will be the doctor for my baby?

You will need to pick a pediatrician for your baby by your 30th week because they will see your baby the morning after you deliver (the hospital will notify your physician when you have delivered). Picking a pediatrician is an important decision: you will take your newborn to the doctor frequently the first year and you will want to be in a place where you feel your needs are being met. Meet with your doctor before the delivery to get to know him or her. Your insurance may prefer certain providers and you can obtain a list of providers from your insurance company. On the next page, you'll find listed some questions that may help you choose a pediatrician, as well as a list of many pediatricians in the area. many of the pediatricians in the area.

Questions

- How much does she charge per visit?
- Does she accept telephone consultations?
- What are the office hours?
- Who covers for her when she is away?
- What kind of after-hours coverage does she offer?
- Is there a nurse practitioner who handles well-baby checkups?
- Is she certified by the pediatric board?
- If she is a family doctor, how much pediatric experience has she had?
- With which hospital is she affiliated?
- Is it likely that she may retire before the child outgrows his services?
- Will she visit your newborn in the hospital? What does her newborn exam consist of?
- Do you feel from your interview that you would be able to call her as frequently as you feel necessary when the baby first comes home?
- How does she feel about breastfeeding and bottle-feeding? What method of formula preparation does she recommend?
- Where should you take your child in case of an emergency? Should you call before going to the ER?
- Is her office conveniently located to your home?
- What baby care books does she recommend?

Independent Pediatricians	(559) 225-3700	Peachwood Medical Group	
Jones, Richard	(559) 448-8700	Evans, Amy	(559) 324-6203
Kaur, Sukhbir	(559) 440-0110	Hubbard, Dianne	(559) 324-6202
Khodaverdian, Anoush	(559) 438-4100	Martin, Marty	(559) 324-6203
Kratzer, James	(559) 325-2400	Sumrell, Brad	(559) 324-6202
Mehrotra, Nidhi	(559) 431-6600		
Miranda, Raymond	(559) 436-8606		
Saigal, Harsh	(559) 549-7337		
Shahinfar, Katayoon	(559) 900-3045		
Siddique, Amar	(559) 325-6850		
Simonian, Mark	(559) 437-9024		
Thampy, Anila			
Community Medical Providers	(559) 437-7338	Chestnut Pediatrics	(559) 797-4400
Chang, Kevin		Banh, Nikki	
Jameson, Harry		Mojibi, Nazzi	
Ramirez, Veronica			
Young, Quinton			
Northwest Medical Group	(559) 271-6300	Angels Pediatrics	(559) 322-5515
Alper, Marina		Enas, Attia	
Hernandez, Vivian			
Lattin, John			
Fresno Children's (FC)	(559) 438-2300		
Bergdahl, David			
Kim, John			
Gonzalez-Howard, Mary			
Vasquez, Cesar			