



welcome

to Kids First Pediatrics on 30!

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CONGRATS ON YOUR NEWBORN!

We are honored that you've chosen us to care for your family. At Kids First, our mission is to provide exceptional, evidence based pediatric care with compassion, efficiency, and enthusiasm.

From your child's first visit, we are committed to making the experience as comfortable and positive as possible while delivering the highest standard of medical care.

BEFORE YOUR VISIT

Prior to your visit, you will receive a link to complete the registration process for your appointment.

You will be able to upload immunization records, ID, Insurance Card(s) & complete other necessary patient forms from anywhere it's convenient for you through the Family Portal! If you are unable to upload any of this info, please bring them with you to your appointment.

These forms must be completed prior to arrival or your visit will be delayed &/or rescheduled due to time.

VACCINE POLICY

Immunizations are a critical part of maintaining your child's health, and helps to protect other children from disease as well. It is therefore the policy of Kids First Pediatrics on 30 that **ALL children** must be fully immunized on schedule. Parents wishing to delay or forego immunizing their children, are asked to seek care elsewhere.

To read our entire policy, please visit the link below.

<https://www.kidsfirstnwi.com/About-Us/Are-We-A-Good-Fit-For-You/Vaccine-Policy>

FAMILY PORTAL

Our secure Family Portal makes it easier than ever to stay connected to your child's care. With just a click, you can:

- View visit summaries
- Access immunization records
- Schedule appointments
- Send secure messages to our staff

URGENT QUESTIONS AFTER HOURS?

Reach your doctor after hours by calling the office at 219-322-8534. If you reach another doc, that is because they are covering for your doctor. If this is an emergency and/or you can't reach us, call 911 or go to the emergency room!



newborn tips

from Kids First Pediatrics on 30!

BREASTFEEDING

- Breastfed babies typically feed every 2-3 hours during the day and every 3-4 hours at night.
- Frequent feedings helps stimulate your milk production during the first few weeks, you should aim to nurse anywhere from 8-12x per day.
- Colostrum, the first stage of breast milk, develops during pregnancy and lasts for several days after birth. It is yellow and thick in consistency. Colostrum may come in small amounts, but it's packed full of concentrated nutrition.
- Mature breast milk typically comes in around 3-5 days after birth. Do not get discouraged if the milk is not in before 3 days. Some women may take longer!
- Once your milk is in, your baby should have 6-8 wet diapers per 24 hours.

FORMULA FEEDING

- Newborns usually take 1-2 ounces of formula every 3-4 hours.
- Be sure to use an iron-fortified formula unless your provider has recommended otherwise.
- Some babies need to be burped after every ounce, while others may not. Don't worry if you're not successful with burping each time —this is completely normal.
- Never microwave bottles—serve at room temp or use a bottle warmer.

Feeding Questions? Our lactation team is here to help with latch, positioning, formula, or any other feeding needs. Feeding should not be stressful or painful—if it is, reach out for support.

Other Topics

KEEPING YOUR INFANT

SAFE

- Never leave your baby unattended on a couch, bed, changing table, etc. Babies can surprise you & rollover when you least expect it!



CAR SEAT SAFETY

Infants and toddlers should ride in a rear-facing car seat until they reach the maximum height or weight allowed by the seat's manufacturer. Most convertible seats can keep children rear-facing for 2 years or more. For safe installation, you can contact your local fire or police department. Only use the cushions and accessories that came with your car seat—never add extras that weren't provided by the manufacturer.

SAFE SLEEP

- Always place your baby on their back for every sleep.
- Use a firm sleep surface, such as a mattress in a safety-approved crib.
- Keep the sleep area clear—no blankets, pillows, bumper pads, or stuffed toys.
- Have your baby sleep in your room, but not in your bed.

VAGINAL DISCHARGE

Newborn girls may have a small amount of clear, white, or even slightly bloody vaginal discharge during the first 1-2 weeks of life. This is caused by exposure to maternal hormones during pregnancy and is considered normal. It should go away on its own and is not a cause for concern.

CIRCUMCISION CARE

Follow the care instructions provided by the hospital. A yellow film (exudate) on the head of the penis is normal during healing. Gently clean with water and pat dry. Call our office if you notice increased redness, swelling, or other signs of concern.

CORD CARE

Give your baby sponge baths until the umbilical cord falls off, which usually happens within 1-2 weeks. Keep the cord dry and exposed to air when possible. There is no need to apply alcohol or other cleansers unless your baby's doctor specifically recommends it. Contact our office if you notice redness, swelling, or foul-smelling discharge around the cord.

JAUNDICE

Jaundice, or yellowing of the skin and eyes, is common in newborns and usually harmless. Still, it's important to keep an eye on it—please call our office if you notice your baby becoming more yellow.



meet the docs of Kids First Pediatrics on 30!

DR. STROMAN

I've been a practicing pediatrician in NW Indiana since 1994. My style encompasses both a conservative and practical approach towards child care. From my training at the University of Michigan & the University of Chicago, I have learned to: not prescribe medications unnecessarily, & to minimize hospital stays with up-to-date pediatric care & vaccinations. Being a father, I have also learned to be practical in regards to raising children (potty training, discipline, eating issues, even those teens!, etc). I enjoy working with parents & assisting them to raise their children, & sincerely LOVE working with kids. I combine the two approaches above with a personal touch, & strive to be the best pediatrician for your child(ren).



DR. PATHAK

I have been practicing in the NW Indiana area since 2003. My practice style is one that is conservative, up to date, practical, and empathetic. I love working with kids. It's who I am to the core. In addition to taking care of kids, I truly believe in addressing the entire family's needs. I've learned to minimize the use of antibiotics to those cases that absolutely require them, minimize the use of labs and x-rays unless it will change my plan of care, and to only hospitalize when truly necessary. As a mother of two, I've learned that kids don't necessarily follow the books, and that you need to look at each child as an individual. I can say I've personally dealt with issues such as breastfeeding, temper tantrums, sleep routines, toilet training & those angry teenage years. I always stress open communication between children & their parents. More importantly, I respect their privacy so they feel they can be open with me. I assure you I will do everything to make your family happy & comfortable in my care. I promise that I will take care of your children as I would want my own to be cared.



DR. QIN

Dear Parents, I was trained as a pediatrician and a pediatric endocrinologist in China, and have done extensive basic and clinical research in pediatric endocrinology since I moved into United States in 1989. I joined this wonderful group of pediatricians to provide first-rate medical service to the community. For years I have served as a pediatric endocrine fellow, an Attending Physician, and then a general pediatric resident again at The University of Chicago Comer Children's Hospital and La Rabida Children's Hospital. I have had exposure to a wide variety of chronic and acute disease states and disorders, including endocrine, diabetes, neurology, pulmonary, gastroenterology, and hematology/oncology patients. I bring to the community a proven commitment to first-rate health care, excellent treatment and training skills, and the desire to continually improve both the quality of the lives of my patients and my own skill as a physician.



DR. YAMOUT

I have been practicing pediatrics for 13 years & absolutely adore kids. I'm passionate about both you and them feeling comfortable & educated about whatever the situation is. As a mom of 2, I realize every child is unique in their needs. Having children myself, gave me a great perspective of real world care and advice beyond the educational aspect. I want to provide the absolute best and safest care possible to all my patients. I work with all concerns and promise to work on finding the best solution!



NICOLE SUTOWSKI, MSN, APN, FNP-C

I have worked in pediatrics since 2017 and have always been passionate about family-centered care. I have worked in all realms of peds, ranging from critical to primary care. I am a mother myself, & always try to treat each patient how I would want my child to be cared for. I have personal & professional experience with breastfeeding & everything related to infants, as well as a background in pulmonology. Communication is a staple in my practice & I feel that it is very important to get to know each family individually & provide care holistically. I utilize a conservative method of treatment & only prescribe, treat, & order diagnostics if absolutely necessary. I look forward to meeting and getting to know you & your family!

