

Don't Forget!

Reminders for New Parents

○ **Schedule your baby's first pediatrician appointment.**

It's important that your child see a pediatrician two to 14 days after delivery. If your child's skin has a yellowish appearance, or if your child seems feverish or ill, call your pediatrician's office right away.

○ **Schedule an appointment with your OB/GYN.**

- You will have an initial postpartum evaluation two to three weeks after delivery with your OB/GYN. Kelsey-Seybold offers the option to have your postpartum visit with your OB/GYN in the comfort of your own home with a Virtual Health Video Visit.
- Six weeks after delivery you will have an in-office exam by your OB/GYN.

When you schedule your OB/GYN visit, don't forget to ask about:

- Appropriate method of contraception.
- Release to go back to work.
- Family Medical Leave Act (FMLA) paperwork, if applicable.

○ **Apply for baby's social security number.**

The easiest time to apply for your baby's social security number is when you give information for your child's birth certificate while you're still at the hospital. If you wait to apply for a number at a Social Security office, there may be delays. Even if you don't know both parents' Social Security numbers, you still can apply for a number for your child.

○ **Obtain your child's birth certificate.**

For births inside the City of Houston or outside Houston but within Texas, visit houstontx.gov/health/BirthCert.

○ **Add your baby to your medical insurance policy.**

Call your insurance company and make sure you understand what is required to add your newborn to your policy. Typically, there is a time limit, usually within 30 days of birth.