



PEDIATRICIAN PRENATAL CONSULTATION CHECKLIST





Welcome!

Choosing the right pediatrician is one of the most important decisions you'll make for your newborn's health.

Use this checklist during your prenatal "meet-and-greet" consultation to ensure you find a medical partner who aligns with your family's needs and philosophy for the first year and beyond.

the RUBY
postnatal

Part 1:

Logistics & Accessibility (Getting the Care You Need)

Check	Question to Ask	Why This Matters
☐	Location and Hours: Is the office location convenient to home/work/daycare? Are there evening or weekend hours?	Newborns have frequent appointments. Convenience significantly reduces parental stress.
☐	Insurance & Billing: Do you accept my specific health insurance plan? What is the policy for co-pays, lab fees, and self-pay options?	Avoid unexpected bills. Confirming coverage before the birth is crucial for financial planning.
☐	After-Hours/Emergencies: How do you handle calls after the office closes? Is there an on-call doctor, a nurse line, or a specific urgent care recommendation?	Babies get sick at night. You need a clear, reliable path for urgent issues outside of business hours.
☐	Appointments: How quickly can I get a same-day sick appointment? Do you have separate waiting areas for sick and well children?	Protects your newborn from exposure to highly contagious illnesses in the waiting room.
☐	Hospital Affiliation: Which local hospitals does the practice have privileges at? Will you visit the baby in the hospital after birth, or does a hospitalist handle the first check-up?	Important for continuity of care if your baby needs to be admitted or requires specialist consultation.

Part 2:

Credentials & Philosophy (Trust and Alignment)

Check	Question to Ask	Why This Matters
☐	Credentials: Are you board-certified by the American Board of Pediatrics?	Confirms specialized training and completion of rigorous examinations in pediatric health.
☐	Vaccination Policy: What is your practice's policy on vaccines? Do you follow the CDC/AAP-recommended schedule, and do you require it for all patients?	Ensure your family's views on immunization align with the practice's requirements and standards.
☐	Parenting Philosophy: What is your general philosophy on topics like breastfeeding/formula feeding, sleep training, and antibiotic use?	You need a doctor whose guidance supports your overall parenting style and goals.
☐	Communication Style: Do you take the time to answer questions thoroughly, or do you encourage parents to call the nurse line for routine concerns?	Assess if the doctor is a good listener and if you feel comfortable being open and asking all your questions.
☐	Support Services: Do you have a lactation consultant or behavioral health specialist on staff or readily available for referrals?	A holistic approach to care means support extending beyond just medical illness.

Part 3:

The First Year (What to Expect)

Check	Question to Ask	Why This Matters
☐	Newborn Schedule: What is the typical schedule of well-child visits (usually 8-10 in the first year), and what is covered in the first week after discharge?	Allows you to plan time off work and prepare for the frequent, necessary visits.
☐	Developmental Concerns: What is your approach to addressing common first-year issues like colic, reflux, or slow weight gain?	Understanding their protocol helps you anticipate steps if a concern arises.
☐	Partner Inclusion: How do you involve the partner/co-parent in appointments and decision-making?	Ensures both parents feel informed and supported during the early, demanding months.
☐	Office Environment: Observe if the office is clean, child-friendly, and if the support staff (nurses, front desk) are polite and efficient.	The overall office experience significantly affects your stress level during visits.

Thank you!

Trust Your Instincts:

Did you feel rushed?

Did you feel comfortable sharing sensitive information?

Your personal comfort level and sense of trust are the most important factors!

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Weekly Planner

Date _____

Wednesday

Sunday

Thursday

Monday

Friday

Tuesday

Saturday

Monthly Overview

For the Month of : _____

S	M	T	W	T	F	S

ON HAND TASKS

COMPLETED TASKS