

为您的宝宝挑选医生

Choosing a Doctor for Your Baby

Before you deliver your baby, you will need to choose a doctor for your baby. This doctor could be a family doctor or a pediatrician. A pediatrician is a doctor who is trained to care for children from birth to age 18. Ask your doctor, family and friends for advice on choosing a doctor for your baby. To find a list of doctors in your area, call a hospital referral line, use a phone book or talk to your insurance provider.

Make appointments to meet some doctors before choosing one for your baby. This will help you see each office where your baby may get care. Ask questions such as:

- What are the office hours? Can I call and speak to a doctor after office hours?
- If my child is sick, can he or she be seen that day?
- Do you accept my health insurance plan?
- How are payments made for care?
- Are you willing to accept my ideas of childcare?
- If there are other doctors in the practice, how does care work?

After you meet with each doctor, choose one that you feel will best care for your baby. Contact the doctor's office and tell them you have chosen their practice.

在分娩宝宝之前，您需要为您的宝宝选择一位医生。这位医生可以是家庭医生或小儿科医生。小儿科医生受过专业训练，专门医治从刚出生到 18 岁的孩子。向您的医生、家人和朋友询问有关为您宝宝选择医生的建议。您也可从医院的推介电话线、黄页电话簿或从您的保险供应商那里得到本地区医生名单。

在做出选择之前，请先预约一些医生，前往进行面谈。这样有助于观察各个诊所的情况，因为您可能选择其一来为宝宝提供医疗护理。请提出如下问题：

- 诊所的开诊时间？下班后可否打电话给医生？
- 如果我的宝宝病了，当天就能看医生吗？
- 他们是否接受我的健康保险计划？
- 如何付款？
- 是否愿意接受我对托儿的想法？
- 如果诊所还有其他医生，医疗护理如何进行？

与各个医生面谈后，选择您认为能够为宝宝提供最好医疗护理的医生。决定后，联系医生的诊所，告诉他们您的选择。

Your Baby's Care after Delivery

Your baby's doctor will visit your baby in the hospital. Your baby cannot go home until checked by your baby's doctor or a doctor in the hospital. You will be sent home with instructions to take to your baby's first well child check-up. Your baby will need to be checked by his or her doctor within a week of going home from the hospital.

At well child check-ups, your baby's doctor will check your child's growth and development and look for signs of illness. Your baby will be given vaccines. These not only keep your child healthy, they help protect all children from serious diseases. Well child check-ups will include:

- Checks of your baby's weight, height and head size.
- Asking questions about your baby's behavior.
- An exam of your baby.
- Teaching you about your baby's care, feeding, what to expect and when to make the next appointment.

分娩之后宝宝的护理

您宝宝的医生将在医院诊访宝宝。宝宝要经其医生或一位医院的医生检查后才能回家。您出院回家时，医院将让您带上关于宝宝的首次健康儿童检查说明。宝宝在离开医院回家后，一星期内需要让其医生检查。

做健康儿童检查时，您宝宝的医生将检查生长发育情况和查看是否有疾病症状。您的宝宝将进行疫苗接种。这些疫苗不仅能确保孩子健康，还有助于保护所有孩子避免罹患相关严重疾病。健康儿童检查将包括：

- 检查宝宝的体重、身高和头围。
- 询问宝宝行为方面的情况。
- 给宝宝做检查。
- 教您有关宝宝的护理、喂食、会发生什么以及何时该预约下一次诊访。