



Pediatrics

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Adolescent Medicine

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Genetic Services

David Tilstra, MD
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Sports Medicine

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Congratulations on your new little bundle of joy!

We know how exciting — and sometimes stressful — this time can be, so we want to assist you in choosing a health care provider and scheduling well-child visits for your baby.

The first few years are crucial to your child's development. Regularly scheduled well-child visits are important to monitor your infant's growth and development. After your infant's first clinic visit, which is usually 1-2 days, after hospital discharge, we recommend the following schedule:

2 weeks	6 months	15 months
2 month	9 months	18 months
4 months	12 months	2 years, then yearly

When scheduling your infant's first appointment, you will be asked to choose a primary care provider. It is important to establish a relationship with a provider to maintain the best continuity of care for your child. We also recommend writing down your questions prior to your appointment to ensure all of your concerns are discussed during your visit.

The pediatricians and nurse practitioners at CentraCare Clinic - Women & Children provide care for children from infancy to approximately age 21. The clinic is located within CentraCare Health Plaza just off Hwy. 15 on Cty Rd 134/120th St. N. Use Prairie West entrance.

To schedule a well-child appointment, call **(320) 654-3610** between 7 a.m. and 5 p.m. Monday-Friday, 7:30 a.m. to noon Saturday or use our online appointment request feature at www.centracare.com. Please arrive 15 minutes early for registration. For urgent health concerns at any time, that same phone number will connect you with our nurses who will assess your child's condition and will contact your provider as necessary.

The CentraCare Web site also features a useful "A-Z Health Library" to answer specific health-related questions or concerns for any member of your family. Also under Women & Children's pediatric services site, you can find copies of our well-child information sheets. These sheets provide timely information about your child's development.

We look forward to building a long-lasting relationship with you and your child to ensure the proper growth and development from birth to adulthood.

Thank you for entrusting us with your child's health care needs now and in the future.

CENTRACARE Clinic Women & Children

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