



**Welcome** to Marimón Pediatrics and the world of parenthood! Preparing for a new baby is a very exciting time in your life, in which most likely you may have many questions. As your pediatrics practice, we would be honored to have the opportunity to help you during this wonderful time. Marimón Pediatrics currently has two Board Certified Pediatricians onboard, Dr. Marimón and Dr. Villanueva, dedicated to providing the highest level of care for your children, from birth to adolescence. With over 15 years of experience in the medical field, we are confident that our doctors will advise you on the best possible care for your child(ren) over the next few months and years to come. As you get closer to the time of your delivery, here is some information about our practice that can help you get ready to care for your new baby.

## Gilma Marimón, MD, FAAP



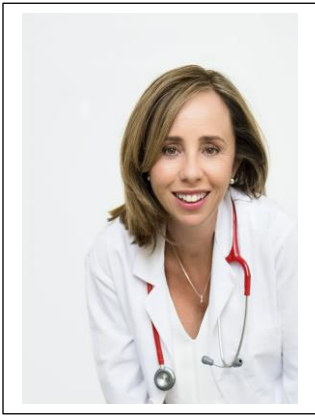
Dr. Marimón was born in Honduras to a Cuban father and Honduran mother, and moved to Miami when she was a young girl. She graduated as Valedictorian of her class at South Miami Senior High School. She then attended the University of Miami, as a Howard Hughes Scholar, graduating cum laude with a dual Bachelor's degrees in Biology and Spanish Literature. Subsequently, she obtained her Medical Doctorate from the Miller School of Medicine at the University of Miami. After graduating from medical school, she completed an internship in Anesthesiology at the University of Miami/Jackson Memorial Hospital. She then moved with her husband to Washington, D.C. where she completed her pediatric residency training at Inova Fairfax Hospital for Women and Children. There, she was honored with such awards as "Teaching Resident of the Year" and "Pediatric Intensive Care Resident of the Year". After completion of her training, she joined an elite private pediatric practice in Washington, D.C. for a few years before finally returning home to Miami in 2013 where she now resides and practices.

Dr. Marimón is a Board Certified Pediatrician with over 15 years of experience, but here is some personal information you might want to know. She is a wife and mom of two beautiful young girls. In her spare time, she enjoys literature and poetry. She has written over a hundred poems, mostly in her native Spanish language. She has appeared both in print and television media, giving her professional advice on topics such as sleep, wellness, and vaccinations to our greater Miami's population. Keep your eye out for her!

*Individualized. Personalized. Focused. The best care for your children!*



## Carolina Villanueva, MD



Dr. Carolina Villanueva attended the University of El Salvador in Buenos Aires, Argentina, where she earned her medical degree in 1996. She then completed her Pediatric Residency and Fellowship in Neonatology in 2002, at Hospital Frances in Buenos Aires, Argentina. In 2003, she moved to Miami with her husband. She then continued her training at the University of Miami, Jackson Memorial Hospital where she completed her second Pediatric Residency in 2006.

Dr Villanueva was Board Certified in 2008. She has experience in Neonatal Intensive Care, where she worked in multiple NICU settings early in her career. Her special interests include newborn babies and the care and follow up of ex-premature babies. She has been in private practice working as an attending physician since 2006, caring for the children and families of the community that she loves and is and part of.

Dr. Villanueva is very passionate about her work with children and adolescents. Her approach to medicine ensures all patients receive the attention they deserve on every visit.

She currently lives in Key Biscayne with her husband and two children. She loves to travel, spend time with her family, and friends, and participate in outdoor activities.



## Meet our Staff



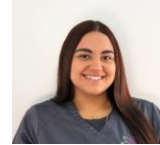
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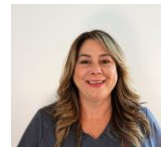
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*Office Manager*  
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## Locations and Office Hours:

3661 South Miami Avenue, Suite #803  
Miami, Florida 33133

Phone: (786) 600-4PEDS / (786) 600-4733      Fax: (786) 724-4889

[www.MarimonPediatrics.com](http://www.MarimonPediatrics.com)

Monday – Thursday .....8:30am to 5:00pm  
Friday.....8:00am to 1:00pm

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## What to expect

**First Visit:** If you plan on giving birth at Mercy Hospital, the doctor will care for your baby from the day he/she is born and throughout her stay in the hospital. If you plan on giving birth at another hospital, your baby will be cared for by the hospital pediatrician for the first few days of life. The hospital will provide you with all the information and documentation necessary to bring to our office at the time of your first visit. After giving birth, be sure to call us to coordinate the details of your first visit. Most commonly the first visit occurs 2-4 days after leaving the hospital. Once your baby is born, the pediatrician at the hospital will examine your baby. The hospital will provide you with all the paperwork to bring to the office at the time of your first visit. Once you are preparing for discharge from the hospital, you should call our office to schedule your first appointment or to determine your baby's needs and when the first visit should be. Most commonly, the first visit occurs 2-4 days after leaving the hospital. For your visit, please bring any questions or concerns you may have about breastfeeding or bottle feeding. Additionally, keep a list of topics you would like to discuss with our doctors at this or your next visit.

**Well Child Care:** Seeing your child(ren) and their parents at regular intervals is important in maintaining your child's health. Evaluating growth and development, discussing safety, nutrition, behavior and answering age related questions are the functions of well child visits. We encourage the following schedule of visits for the first few years of life.

- Newborn Visit (2-4 days after discharge)
- 1-2 weeks of age
- 1 Month
- 2 Months
- 4 Months
- 6 Months
- 9 Months
- 12 Months
- 15 Months
- 18 Months
- 24 Months
- 30 Months
- 36 Months
- 4 years of age
- Yearly after that

Immunizations are vital to the health of your children. Infectious diseases such as Polio, Diphtheria, Tetanus, whooping cough, measles, German measles, mumps, meningitis and hepatitis B have been nearly eradicated, protecting millions of children, because of these vaccines. We strictly follow the immunization policy of the American Academy of Pediatrics and the CDC.

**Sick Care:** We provide same day sick appointments for your child(ren). We recommend that you request an appointment on our website during after hours, you may email your request at [frontdesk@marimonpediatrics.com](mailto:frontdesk@marimonpediatrics.com) or you may contact us at (786) 600-4733 first thing in the morning in order to schedule an appointment.



**After Hours/Vacation:** If it is an emergency, please call 911. If you need to reach the on-call doctor after office hours, please contact (786) 600-4733 and leave a message on the emergency voicemail box. Your message will be forwarded to the physician and you should receive a call within 60 minutes; if not feel free to call again. Please leave a clear, detailed message to include child's name, d.o.b., symptoms and phone number in order for the doctor to return your call. Note, it is best to disable any call blocking you may have on your phone in order to be reached.

## **Tips to Prepare for the Arrival of Your Baby**

**Home:** Set the hot water heater thermostat to 120 degrees Fahrenheit (48.9 C) or lower. Keep your car and home smoke free and install smoke alarms in your home. Prepare your family, other children and pets for the arrival of the new baby. Ask friends and family for help.

**Car Seats:** Install a rear facing infant safety car seat in the rear seat of your car, following both the vehicle owner's manual and the infant safety seat manufacturer's instructions. Proper installation of your baby's car seat is very important in keeping your baby as safe in the car. Child Passenger Safety Technicians are available free of charge locally to assist with installation and inspection of your car seat. Please contact them for an appointment:

- Nicklaus Children's Hospital (305) 663-6800
- Injury Free Coalition for Kids/Injury Free Mobile (305) 243-3928
- Miami-Dade Police Department (305) 471-1716

**Crib:** Make sure your crib is safe. Slats NO more than 2-3/8 inches apart, NO soft and/or loose bedding and NO bumpers.

**CPR Classes:** Attend childbirth infant CPR classes. The following local hospitals provide these services:

- Mercy Hospital (305) 285-2770
- Mount Sinai Hospital (305) 674-2229
- Baptist Hospital (786) 596-8748
- South Miami Hospital (786) 662-5026

**Suggested Reading:** The following list are some of Dr. Marimón's suggested readings.

- "Caring for Your Baby and Young Child: Birth to Ages 5" published by American Academy of Pediatrics.
- "Baby 411" by Dr. Ari Brown and Denise Fields
- "Happiest Baby on The Block" by Dr. Harvey Karp



\*\*\*If you are having a boy and are planning to circumcise him, please discuss it with your obstetrician. You may also inquire about circumcision services by the hospital pediatrician. \*\*\*

## Frequently Asked Questions

- ***Will a doctor from Marimon Pediatrics visit our newborn baby in the hospital?***  
To better serve our patients, Dr. Marimón and Dr. Villanueva have chosen to be credentialed at Mercy Hospital only. They will visit your newborn at Mercy Hospital when we are notified about your new arrival. You may have your baby at any hospital you choose and upon delivery please contact us to make an appointment 1 to 2 days after you leave the hospital.
- ***What is Marimón Pediatrics policy on Immunizations?***  
We respect every parent's right as the ultimate decision maker in their children's healthcare choices. However, we encourage parents and will only accept new patients who will adhere to the AAP and CDC recommended vaccine schedules. If you choose not to vaccinate your children, we suggest you look for another doctor that shares your same philosophy.
- ***Does the doctor respond to questions by email?***  
Absolutely!! You can email our doctors at [Doctor@MarimonPediatrics.com](mailto:Doctor@MarimonPediatrics.com)
- ***What tests and/or services are handled in the office?***  
We provide the following services in house: Immunization, Prevention & Wellness, School/Travel/Sports Forms, ear piercing, blood work, developmental counseling, health and wellness counseling, please note that some of these services may have an extra charge.
- ***Do I have access to my child(ren) health records?***  
Marimón Pediatrics offers Patient Portal access for FREE to all their patients through an app called **Healow**. Through this application you can request appointments and prescription refills, view lab results, health records and billing statements. All you need at your fingertips!
- ***What insurance plans do you accept?***  
You can visit our website at [www.MarimonPediatrics.com](http://www.MarimonPediatrics.com) under about us Insurance Info for a full list of companies we currently accept. You may also send a message to [billing@marimonpediatrics.com](mailto:billing@marimonpediatrics.com) to request the information.

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