

essential pediatrics

NEWTON,
MASSACHUSETTS

A PARENT'S GUIDE

High-Quality Pediatric Care

What it is, why it matters for your child, and how we built a practice to deliver it.

GREATER BOSTON'S FIRST
CONCIERGE PEDIATRIC PRACTICE

ESSENTIALPEDIATRICS.COM
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High-quality pediatric care has an actual definition.

The American Academy of Pediatrics calls it the medical home.

It is not a building, and it is not a brand. It is a set of features, and those features are the same ones linked to healthier children and better outcomes.

Most practices do some of them well. A true medical home does all of them, consistently. Essential Pediatrics, Greater Boston's first direct-pay concierge pediatric practice, was built to do all of them.

WHAT HIGH-QUALITY CARE LOOKS LIKE

The seven features of a medical home.

The American Academy of Pediatrics describes high-quality care with seven features. A true medical home delivers all of them, consistently.

Here is what each one means.

Accessible

You can reach the practice when you need it, including same-day illness and after-hours questions.

Continuous

The same doctor knows your child over time, from infancy into young adulthood.

Comprehensive

One team handles prevention, illness, development, behavior, and emotional health.

Family-centered

Decisions are made with you, in partnership.

Coordinated

The practice connects the pieces across specialists, therapy, and school.

Compassionate

The people caring for your child are attentive and respectful.

Culturally effective

Care fits your family's values and circumstances.

This isn't a philosophy. It changes the odds for your child.

Children with a consistent medical home get more of the preventive care that works, have fewer unmet health needs, and use the emergency room less often. Children without a consistent medical home show the opposite. The single most studied feature is continuity, meaning the same doctor over time. Higher continuity in early childhood is linked to fewer emergency visits, fewer hospitalizations that good outpatient care can usually prevent, and more complete developmental screening. The reason is simple: a doctor who knows your child notices small changes sooner, gives advice that fits your specific child, and is easier to reach before small problems become urgent ones.

> Good care is also whole-child care. Behavior, mood, sleep, learning, school, and family stress are part of primary care, not separate from it. When that care extends to specialists, therapists, and schools, someone has to keep the whole picture in view. That matters most for children with chronic or complex needs, where coordination does the heaviest lifting.

HOW TO RECOGNIZE IT

Look past credentials to how a practice actually works.

The differences that shape your daily life are structural: access, continuity, communication, and coordination. Here is how to check.

ASK THE PRACTICE

- Will my child see the same doctor at most visits?
- How do I reach you for a same-day illness, and after hours?
- How do you handle questions between visits?
- How do you coordinate specialists and therapies?
- Do you follow the American Academy of Pediatrics well-child and immunization schedule?
- How soon will you see my newborn after discharge?

NOTICE FOR YOURSELF

The signal is not the length of the visit on the clock. It is whether there was unhurried, purposeful time. Did the doctor listen and leave you with a clear plan? Did you feel heard, not rushed?

Start before birth.

The third trimester is a good time to choose, so the decision is not made from a hospital bed. A meet-and-greet or open house is the easiest way to assess this.

THE STANDARD, AND HOW WE BUILT AROUND IT

We changed the math.

Most of what makes pediatric care good comes down to whether a practice is structured to protect it. So we designed the one thing everything else depends on first: number of patients. Each pediatrician has no more than 300 patients.

CHILDREN PER PHYSICIAN AT ESSENTIAL PEDIATRICS

300

ROUGHLY 15 TO 20% OF A TYPICAL PRACTICE

COMPARED WITH

1,500–2,000

CHILDREN PER DOCTOR AT A TYPICAL PRACTICE.

> Everything else in this guide, the access, the continuity, the unhurried visits, follows from that number.

HOW OUR APPROACH CHANGES EVERYDAY CARE

The Essential Pediatrics experience.

Every pediatric practice is staffed by physicians who care deeply about children. The biggest difference is how the practice is designed, and those choices shape what everyday care feels like.

IF IT'S IMPORTANT TO YOUR FAMILY THAT…	TRADITIONAL PRACTICE	ESSENTIAL PEDIATRICS
You have time to discuss everything on your mind	Visits are short and designed to stay on schedule; families often leave feeling rushed.	Visits are designed around your family's needs, with time to address every concern before you leave.
Your child is seen promptly when sick	Same-day slots may exist, but schedules can be tight and timing varies.	We reserve time daily for urgent visits, so your child is usually seen the same day by a doctor who knows them.
You can reach your pediatrician when worried	After-hours calls route through an answering service or the on-call physician.	You contact your pediatrician directly when questions or concerns arise.
One physician sees the whole picture	Referrals are made, but families often become the link between providers.	Your pediatrician stays involved, coordinating care and making sure every part fits together.
Your questions are welcomed between visits	Messages and callbacks are managed alongside a large patient panel, so communication is often limited to what is immediately necessary.	We encourage families to reach out whenever questions arise, often preventing small concerns from becoming bigger ones.
Your pediatrician truly knows your child over time	Large panels naturally limit how deeply a physician can know every family.	Designed around fewer families, so your doctor knows your child and notices subtle changes.

WHAT THAT MAKES POSSIBLE

A pediatrician you can call. And who personally calls you back.

The number you wish you had on your phone when your child needs care is ours. When your child spikes a fever overnight, you can call the doctor who knows your child. Not a triage line. Not a portal. She sees it, and she responds personally, because time is built into her practice for exactly that.

One doctor through every stage.



The same pediatrician from the first newborn visit through the end of college, up to 23 years. Same-day sick visits, unhurried well visits, and specialist coordination anchored by your doctor. We do not hand you a list of names and disappear.

"A family can text me and know I will see it. I can call them when it works for them, not just when it works for me, because I have time built into my day."

DR. CHRISTINA NORDT

The same care, in the moments that matter.

Those first weeks

The early weeks with a new baby can be overwhelming: the feeding that will not click, the sleep that will not come, the spit-up or the rash that has you up at 2 a.m. wondering whether it is normal. You do not face any of it alone. Your pediatrician already knows you and your baby, and she is a text or a call away, day or night. A steady voice who can tell you what is normal, what to watch for, and what to do next.

Fourth Trimester Program

A prenatal visit before your baby arrives, a visit in the hospital those first days, and a visit at your home after discharge, with feeding support when you need it.

A teen who is struggling

Two private mental health check-ins a year, built into their care rather than left to chance. If something surfaces, a direct path to a trusted child psychologist, without the long wait.

Several specialists. One anchor.

Your pediatrician makes the referrals, communicates directly with each specialist, and always knows what's happening with your child, every step of the way.

THE HEART OF THE PRACTICE

Two doctors. One practice. Both know your child.

We built this practice together as partners, and we talk every day about the children in our care. Your child has one primary pediatrician, and the other doctor is familiar too. When your doctor is out, the one covering already knows your child and your family.

How a first visit starts

The first thing we say in the room is the same every time, and it is not a clinical question. It is, "What questions do you have? We can get to mine later." Families should leave the first visit with the questions they walked in with already answered.

Nothing is too small

The question you almost did not ask. The thing that has been bugging you for a week. The detail you think is probably nothing. We want all of it. We care about the little things just as much as you do.

> "I hope they know they came to a very special place, one that was a pioneer in this area and in this country for a way to deliver medical care that 20 years from now is more standard.
>
> DR. BRENDA ANDERS PRING



Dr. Brenda Anders Pring

CO-MEDICAL DIRECTOR · FOUNDING PHYSICIAN

Dr. Pring did not start in medicine. After college, she worked in the White House and at Lifetime Television doing public affairs and public-service work. The realization that she wanted to be a doctor came from that period: she wanted to take care of patients, while continuing to advocate for child health policy at a state and national level.

> "When I decided to do medicine, there was no question it was going to be pediatrics.

She earned her medical degree from Harvard Medical School and completed her pediatric training at the University of Colorado. She serves as Immediate Past President of the Massachusetts Chapter of the American Academy of Pediatrics and teaches at Harvard Medical School. She has testified before state legislatures on behalf of children and families. She lives in Newton with her husband and two children.

WHAT PARENTS NOTICE

Reassurance
Calm and clear when you call in a panic.

Steady in illness
A composed hand when your child is sick.

Prevention first
Focused on catching things early.



Dr. Christina Nordt

CO-MEDICAL DIRECTOR · FOUNDING PHYSICIAN

Dr. Nordt did not always know she would be a doctor. She was on track to be a child psychologist or an anthropologist. The shift happened in her third year of college, when a family member who had been through years of fertility struggles called her with the news she was pregnant. She still gets choked up telling the story.

> " At that moment I said, I want to give that gift and be involved in medicine. I called my parents and shifted course.

She earned her medical degree from the University of Washington School of Medicine and completed her pediatric residency at Rainbow Babies and Children's Hospital in Cleveland. She then did a three-year fellowship in adolescent and young adult medicine at Boston Children's Hospital, which makes her one of the few pediatricians in the area double board-certified in pediatrics and adolescent medicine. She has been recognized consistently as a Castle Connolly Top Doctor in Boston Magazine. She lives in Boston and enjoys spending time with her family, including her six nieces & nephews and dog, Rafa, as well as traveling and watching tennis.

WHAT PARENTS NOTICE

A gift with teens
Teenagers open up and talk to her.

Mental health
Comfortable with the harder conversations.

Every child's voice
She asks the child, not just the parent.

There are moments when having the right pediatrician makes all the difference.

The late night when your child's fever spikes and you need an answer in real time, not a portal message in the morning. The appointment where you finally have time to ask every question on your list. The specialist referral your doctor personally coordinated and never let fall through the cracks. The teenager who opens up because she trusts the doctor in the room.

Those moments are Essential Pediatrics.

What your membership includes.

Membership gives your family direct access to your pediatrician, more time together, and support that extends beyond routine office visits. It includes:

PREVENTIVE & ROUTINE CARE

- Direct access to your pediatrician by phone or text
- Same-day sick visits, telemedicine, and after-hours guidance
- Comprehensive well-child visits with time for every concern
- Growth, development, nutrition, sleep, and behavior guidance
- Immunizations
- Medication management and prescription refills
- Review of laboratory and imaging results
- In-office labs

WHEN CARE BECOMES MORE COMPLEX

- Specialist coordination and review of outside records
- Nurse case management and advocacy across the system

MEMBERSHIP ALSO INCLUDES

- Comprehensive prenatal/infant program
- Integrated mental health
- College continuity and transition services
- Caregiver education and coordination
- 12-month Nurture by NAPS membership
- Adolescent and young-adult care, including twice-yearly mental health check-ins

FLAT FEE, BILLED MONTHLY

Membership Pricing

One Child

$400

Two Children

$600

Three Children

$700

Four Children

$800

A flat fee covers all care provided by Essential Pediatrics, with no copays, additional visit fees, or surprise bills. We do not bill your insurance for our services. Superbills are available upon request

Care can also continue while your child is traveling or attending college in states where your pediatrician is licensed.

Let’s see if we are the right fit for your family.

Start wherever feels comfortable. A conversation with one of the founding physicians, in person or virtual. Your questions, answered by the doctor who would be your child’s pediatrician. No commitment, and no pressure to decide anything.

1 **Visit the office**
Book a time to visit our Newton office and meet one of the doctors. An office designed to feel calm for kids, and for parents.

2 **Schedule a call**
Talk with Dr. Pring or Dr. Nordt, in person or virtual. Ask them anything.

3 **Explore online**
Read more, including our parent guides, at essentialpediatrics.com.

Schedule a call 617.300.0481

essential pediatrics

Pediatric care that actually has time for your child.

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