**Camden**

**Pediatrician**

Apple Pediatrics

157 E. 72nd St (in basement)

General office - 888-603-0993

Dr. Varma - 347-882-8648

Dr. Nishawala - 917-270-0468

**Medical Insurance**

Meritain Health – Aetna open choice PPO network

Group # 12873

Member: Dana Moolani

Member ID: 5094453290

**Food**

Schedule will change according to when he gets up and naps. You can wing it.

4 bottles/day @ 6oz each (3 scoops of powder) – Every 3.5-4 hours (starting when he gets up)

Eats lunch around 1/2pm – 1 veggie and 1 fruit (can be the squeeze packs, jars or cut up food)

Eats dinner around 5/5:30pm – 1 veggies and 1 fruit or yogurt (can be the squeeze packs, jars or cut of food)

Can throw in really soft chicken in small pieces

He might want what you’re eating too lol

**Sleep**

Sleeps in swaddle with one arm out (we’re working on it ☺ )

Takes 2-3 nap/day – around 8/8:30am, daytime nap can be at home or stroller if you’re out, around 3/4pm (longest nap)

Since last bottle is around 6:30/7pm, he goes down around 7:30/8pm. If eating schedule is off and he seems cranky, I’ll top him off with 2oz

**Things to do**

Playgrounds

* John Jay Park – 77th & FDR
* Carl Schurz park – 86th & East End
* Billy Johnson playground – 67th & 5th (in central park)
* Heckscher playground – 65th St transverse (in central park)
* East 72nd St playground – central park

Central Park Zoo – 64th & 5th (in central park)

The playroom in building – open to 6pm

The Playroom NYC (indoor play gym) – 75th & 1st

Can always take him shopping ☺

**Grocery Stores**

Citarella (gourmet, already prepared) – 75th & 3rd

Graces market (gourmet, prepared food) – 68th & 2nd

Matter of Health – 72nd & 1st

Gristedes (general) – 75th & 2nd

Whole Foods – 3rd ave btw 87th & 88th

**Food (Local or Delivery) Delivery**

[www.seamlessweb.com](http://www.seamlessweb.com) - They have every menu in the area

Suggestions (so many more on seamless)

* Starbucks – 2nd Ave btw 75th & 76th
* Dunkin Donuts – 75th & 2nd
* Pick A Bagel – Bagels / Deli (2nd Ave btw 76 & 77th)
* Pizza Boss – Pizza (2nd Ave btw 76th & 77th)
* Up Thai – Thai (2nd Ave btw 73rd & 74th)
* Aki Sushi - Sushi
* Abaleh - Meditteranean
* Chopt - Salads
* Fresh & Co - Healthy
* Baraonda – Italian (75th & 2nd)
* Le Pain Quotidien – Breakfast / lunch (77th & 2nd)
* Pastafina – Italian

**Beauty**

Drybar – 76th btw 2nd & 3rd

Medispa (Nails) – 2nd Ave btw 74th & 73rd

Serendipity nails – 3rd Ave btw 75th & 76th