

A lot of Pediatricians

We just returned from this year's American Academy of Pediatrics National Conference and Exhibition in Washington D.C. It was heartening and motivating to meet with thousands of pediatricians from across the country all dedicated to improving the health and welfare of children locally and globally. We attended numerous seminars, workshops, and lectures and even ran a 7 a.m. 5K race to benefit the American Academy of Pediatrics Friends of Children Fund. We plan to incorporate what we've learned these past few days both in our offices and in future blog posts.

We were fortunate to find other pediatricians who promote pediatric education outside of the office setting. We enjoyed exchanging ideas with fellow pediatric blogger Dr. Roy Benaroch. In addition to writing his blog, Dr. Benaroch has authored two books for parents: *A Guide to Getting the Best Health care for Your Child* and *Solving Health Behavioral Problems from Birth Through Preschool: A Parent's Guide*. Also, we spent time with Dr Kardos's medical school friend Dr. Laura Jana, author of *Heading Home with your Newborn, from Birth to Reality* and *Food Fights*. She is also a pediatric media spokesperson.

It was also nice to meet Dr David Hill from North Carolina whose work can be found as well on the internet.

With pediatricians like these, the health of our nation's children is in good hands.

Julie Kardos, MD and Naline Lai, MD

©2009 Two Peds in a Pod®