

# About Us



Drs. Lai and Kardos celebrate Two Peds in a Pod's sixth birthday

We are two board certified primary care pediatricians and parents like you.

**Naline Lai, MD FAAP** earned her undergraduate degree at Brown University. She graduated from University of Pittsburgh School of Medicine in 1994 where she received the John R. Reinhart MD award for excellence in pediatrics and child psychiatry and the Sheehan/Laird Memorial Prize awarded in recognition of compassion and respect in patient interactions.

**Julie Kardos, MD FAAP** earned her undergraduate degree at Duke University. She graduated from Case Western Reserve University School of Medicine in 1994 where she received the Pediatric Award for her "excellence and compassion in caring for children and their families."

**Drs. Kardos** and **Lai** met each other during their pediatric residency training at The Children's Hospital of Philadelphia. Both are married and each has three children. In practice for over 20 years, they are board certified pediatricians at [The Children's Hospital of Philadelphia Care Network-Newtown](#) in Bucks County, PA. The doctors are also on staff at St Mary Medical Center in Bucks County, Pennsylvania. In addition Dr. Lai is a community affiliate at Doylestown Hospital. Pediatric advocates, Dr. Kardos is a co-leader for the Newtown practice and Dr. Lai serves on the board of directors for CB Cares Educational Foundation, the founding board of the Bucks County Children's Museum, and the advisory board of Child Home and Community. You can find the pediatric visual diagnosis book for which she served as an associate editor [here](#).

As both practicing primary care pediatricians and as moms, we understand that a lot goes on between yearly check-ups with your child's doctor. Parents often have questions about their children outside of office visits and turn to the internet for answers. This blog was born out of a desire to provide answers that are accurate, easy to understand, concise, and reassuring.

Credits include speaking on [National Public Radio's Here and Now](#) with Robin Young (we're about 2/3's of the way through the show)

[http://twopedsinapod.org/wp-content/uploads/2009/05/hereandnow\\_1019.mp3](http://twopedsinapod.org/wp-content/uploads/2009/05/hereandnow_1019.mp3)

on [local cable](#) television, and at venues ranging from living rooms to [libraries](#) to [children's museums](#) to [convention centers](#), addressing concerns of parents and teachers as well as [fellow physicians](#). Two Peds in a Pod® is listed as one of the "[5 Pediatric Healthcare Blogs You Should Read](#)" by Aha Media Group and their blog posts have appeared on numerous sites including [kevinmd.com](#) and [mom365.com](#). Recently we joined the advisory board of [Happy Healthy Kids](#).

Please comment and send ideas for future topics to [twopedsinapod@gmail.com](mailto:twopedsinapod@gmail.com).

We [launched the blog](#) in July, 2009, and it's been a joy to have your family along on this internet journey around the world. Help our outreach to continue by letting other parents know about our site.

Thanks for finding us.

Drs. Lai and Kardos

“Practical Pediatrics for Parents on the Go”

[Two Peds in a Pod is a Parents best of the web!](#) May 2016

