About

Two Peds in a Pod is proudly brought to you by Dr. Julie Kardos and Dr. Naline Lai.



We are practicing pediatricians.
We met and became friends during our pediatric residency training at The Children's Hospital of Philadelphia. In practice now for over 20 years, we are board-certified primary care pediatricians in The Children's Hospital of Philadelphia Care Network. Currently, Dr. Kardos is also on-staff at St. Mary Medical Center and Dr. Lai is also on-staff at Doylestown Hospital in Bucks County, PA. We also serve on the advisory board of Happy Healthy Kids.

We are moms.
We are both married with three children apiece. A lot goes on between yearly check-ups with your child's doctor. We understand that parents have questions about their children outside of office visits and turn to the Internet for answers. Two Peds in a Pod was launched in 2009 in order to provide a warm place for you to find common-sense, accurate, concise information.

We are bloggers and guest speakers.
We've published over 500 posts and received great feedback from readers and the community. At times our medical advice crosses over into social commentary – for example, when fads like silly bands are cutting off circulation, or fashion trends like Uggs are creating stinky feet. Other professionals

such as teachers, grief experts, and psychotherapists guest blog to give parents the full picture of what goes on with kids today. We also give talks around the country and record podcasts for fellow physicians – learn more about our public outreach.

We are glad you found us!
We are driven to write because of families like yours. We write to share the joy of raising children. Join us on our online journey around the world. Please help our outreach continue to grow by letting other parents know about our site, commenting, and sending ideas for future topics. Or invite us over for a “house call” at your next event.

For more on our story click here.

Pictured above, left to right: Dr. Naline Lai and Dr. Julie Kardos.