Welcome to the Podcast pediatricians FIRST podcast!!
Also welcome to podcastpediatricians.com, our website.

Our first episode is on Pediatric Sleep – infants and children

But first, a little about this new podcast
Co-hosted by two full time community pediatricians
We are truly independent voices. We sign our own paychecks, which is becoming a rarity as hospitals gobble up independent practitioners left and right. We owe no allegiance to any local or national organizations (or ourselves).

Much of the pediatric advice in the media is filtered through specialists and hospital based experts - in our opinion it rarely comes from those on the front lines, seeing hundreds of babies and children and teens each week – we hope to fill that void a little with practical advice and the viewpoint of community pediatric caregivers.

We are long time colleagues and more recently friends, and also kind of competitors, as our separate group practices overlap in each other’s turf.

We have over 50 years combined practicing pediatrics – and are still learning

Co-host Rob Walter, MD Long Islander, College/Med School/Pediatric Training Chicago - pediatrics in Delaware and has two millennial children. Back from a 37 year hiatus since WKWZ 88.5 FM - Syosset!

Co-host Matt Gotthold, MD Grew up South Jersey (pine barrens?), College/Med School Pennsylvania, Pediatric Training Delaware, Practices pediatrics and lives with his family in Delaware. Incorporates music, books, and sports in his office and practice.

WE LOVE BEING PEDIATRICIANS
Despite insurance hassles, electronic medical records suckiness, big pharma hassles and silly 3 AM phone calls
It is an honor and a privilege to care for children. We take our roles as pediatricians extremely seriously. However, we do not take ourselves very seriously- in fact we are often kind of idiots.

We hope to appeal to savvy parents, AND to pediatric caregivers of all stripes

Family practitioners
Pediatric nurse practitioners and nurses
Pediatric physician assistance

Our fellow pediatricians and pediatric residents and medical students
Each week we plan to highlight one particular pediatric topic, sometimes in multiple parts and sometimes with a follow-up with an expert in the field, including some historical perspectives through the ages. There will be a detailed bibliography of our sources at the end of each podcast on these show notes – (podcastpediatricians.com)

This podcast will be done from the point of view of the community pediatrician, on the front line of care. We also plan to cover a range of health issues in the news and new pediatric studies. Hopefully we will help to navigate through the noise to discuss the best ways to care for newborns through young adults.

We often may not agree with each other, or sometimes even ourselves from week to week. We know that everything is not black and white, and we revel in the gray.
Advice changes over the years. There are many many ways to raise healthy happy children. Certainly pediatricians themselves are not always the greatest parents. (we give examples of our own questionable parenting decisions)
We both belong to, and strongly support, the American Academy of Pediatrics (or AAP) but certainly don’t always agree with their positions, AS WE WILL DISCUSS IN THIS VERY FIRST EPISODE, on sleep! We strive to keep an open mind

The last part of each episode hopefully will be a bit free styling, covering various things that interest us, like:

Books - we started a book (not hair) club for men last year

Music - That’s Matt’s specialty, but Rob will bravely argue the merits of Billy over Bruce as Matt mocks him.

Now, Broadway music is not Matt’s thing – he will NOT get Hamilton, Dear Evan Hansen, or Avenue Q references.

Movies – ALL genres, from Animal House to Moonlight

Television - NO ONE has watched more (mostly) quality TV than Rob

Podcasts! - This American Life, Dan Carlin’s Hardcore History, Modern Love, Tim Ferris, You Bet Your Garden, to name a few.

Delaware – we are not just “Wayne’s World”

Rants - we love a good rant, and will sprinkle them into regular episodes. PLUS special rant editions

We are hoping to actively engage YOU, our fellow caregivers and parents, on podcastpediatricians.com with your feedback about the episodes, pediatric pearls , and perhaps mistakes and embarrassing moments (Faux Pas) we can share with everyone – we seem to have many of the latter – and have you share with us on podcastpediatricians.com

First little Pearl - say ehhh not ahh - it raises the soft palate so you can see the throat better

14:07 SPONSORS – We have none!

We have not even thought about real sponsors yet. If and when we have any, a large chunk of any revenue will go to pediatric charities. So, for now we will just randomly plug things we like. NONE of these products necessarily want to be associated with this podcast. Don’t blame them.

Blueberries, Tile, The Calm app

20:08 Sleep I INFANTS

Disclaimer

We are sharing our own personal opinions on pediatric care. Always talk to your own pediatric caregiver about your child. Pediatric caregivers should always consult expert guidelines and consider their own community’s standards of care.

We rarely claim any advice given is totally original - we all pick up bits and pieces from others throughout our careers!

Sleep is everything, and lack of it affects increases the risk of and severity of all pediatric maladies, including obesity, constipation, headaches, and especially mental health

We’ve come a long way from just a few generations ago when alcohol or narcotics (like paregoric) were the norm for helping babies to sleep.

The 5 YOUNG INFANT SLEEP COMMANDMENTS (NOT Duel commandments), IF you would like your baby to sleep through the night by a few months of age. (For some parents this is not a priority!)

You have to listen to them!

If followed, we rarely see sleep issues in later infancy (BUT again, this is the parents’ choice).

22:15 : New 2016 AAP sleep guidelines to reduce SIDS

To reduce SIDS, the AAP made many excellent recommendations.

BUT, then they recommended that all infants stay in the parents’ room for at least 6, but preferably 12, months!!!

ARRRRGGGHHHHHHHHH

WE both immediately disagreed with this, joining our pediatric colleagues like Dr. William Wilkoff in Maine (Matt MAY have had lunch with him once)
Let’s look at the Science, imitating the Science Vs. podcast. Love Wendy Zukerman’s sexy Australian accent.
Also, a shout out to Dr. Aaron Carroll, a pediatrician from Indiana University - go big 10!! - plus Claire Miller from the NY Times UPSHOT, who covered this brilliantly.

In 2011, the AAP was kinda wishy-washy on room sharing. Now, in 2016, all of a sudden it is taking a strong, wrong-headed position based on FOUR old citations, mostly from the 1990s. – ALL case controls (and nothing new since 2011).
We detail the 3 studies cited, all from the 90s (when supine positioning was just being recommended as safer than prone in many countries), and done in Europe, where room sharing is more common for the first year. Amazingly, the most recent study cited found that room sharing was not associated with SIDS risk at all, unless the parents smoked. In our practices parents rarely smoke.

These studies DO NOT take into account the potential costs of parental sleep deprivation from having the baby the room until one year of age!! As we know, sleep deprivation can lead to increased risk of motor vehicle accidents, mental health issues - especially depression, marital problems, domestic violence and shaken babies.
There is sometimes too much focus on safety in one narrow area vs the most healthy practice for our families.

So……………………………………. We are telling parents about this AAP recommendation (although most have already heard about it, and disagree) and that we do not agree with it, which usually validates their instincts!!!
We think it will eventually go the way of other reversed AAP guidelines.

38:55 One last nugget
Mister Rogers neighborhood (NOT Eddie Murphy’s Mister Robinson’s Neighborhood)
Google Mister Rogers and Tall man - This video clip always, always, always, makes Rob laugh.

END 40:50

Episode 001 Bibliography

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