

Mary Miele ([00:05](#)):

Hello. My name is Mary Miele. I am a tutor, a teacher, a parent, and the founder of Evolved Education Company. We are a full service tutoring and advisement company for all of your educational solutions. On this podcast, we'll explore ideas, techniques, and resources that you can use to support your school age child to conquer any learning issue. I'm so glad you're here.

Mary Miele ([00:35](#)):

Hello and welcome to the March episode of the Evolved Education podcast. I am so excited for this month's episode because we are talking with a favorite pediatrician of mine, who I follow on Instagram, and if you're not already following her, I hope that you do. It's called Parent like a Pediatrician. And it's so, so, so fun to have Dr. Rebekah Diamond on our podcast today. I'm going to let Dr. Diamond introduce herself to our audience right now. And then we have collected some questions that everyone has submitted through our Instagrams, as well as through emails. So I'm excited to go through these questions and get the advice from such an amazing resource for all of us parents. Welcome Dr. Diamond. Thank you so much for coming on today with us. And why don't you tell those of the audience who do not know about you and your amazing work, if you could just share a little bit about your career and what has led you to become such an amazing resource for us on the social media platform that you run.

Dr. Rebekah Diamond ([01:41](#)):

Oh my goodness. Thank you for that introduction. And thank you so much for having me. I'm so delighted to be here. I am Rebekah Diamond, AKA, Parent like a Pediatrician on Instagram and online. My day job is that I'm a pediatric hospitalist in New York City. So I work in the hospital taking care of kids, and I'm also a mom of a now preschool age child. And those things combined to create this whole mission of mine, which is to create more realistic, more achievable parenting guidance that still keeps all of that safe, important, scientific messaging behind it, which has been really amazing to be able to do. And clearly very much in need as we do all sorts of challenging, back to school, back to post-COVID search things. It's crazy out there as I'm sure I don't need to tell you. So very delighted to be here and help however I can.

Mary Miele ([02:31](#)):

Yes, thank you so much. And listen, it has been a really challenging time. I don't know that it's necessarily been unrealistic to say that we are really in unprecedented times and certainly you are coming into your career during a time in which I know it's very challenging to weed through all of the noise. I can relate to that because as an education advisor, I feel I'm often helping parents truly understand their child and the information that the field can give them in a professional sense. So I really respect the fact that you do really help us lay people understand the science behind what we're doing as parents in taking care of the health of our children. And I do want to talk about the book that's coming out, because I know a lot of people don't know that yet, but it's something I do want to get to at the end. So hopefully we can share that amazing news and you can share where to get that too.

Mary Miele ([03:28](#)):

Okay. Let's get into some questions here. So when I polled the audience, I was struck by the number of questions related to mask wearing for our children who are in school. And there were different forms of this question coming from parents of children with different age groups, but many families were actually asking about their youngest children. So I'd like to isolate this question first for children who are not yet

vaccinated, who are in that age two to four area, they are in school. Parents are really wondering when do you see the ability for these kids to stop wearing masks in social situations? Is it when they're vaccinated? Is it when we see low case count, or is it really too soon to tell? What can you tell us about this particular question?

Dr. Rebekah Diamond ([04:16](#)):

That is a great question, and one that's very personally near and dear to my heart. I am the mom of a four year old who is in preschool. So I completely relate to just all of the overwhelming amount of information and misinformation out there about schools and masks and COVID and all of that. Anyone who knows me knows that instead of answering a question directly, I like to do this whole big picture circle around it and get to the answer. So I'm going to do that here in classic form, because the question about masks and when do you stop and when do you start? There is both no right answer and also a lot of wrong answers. And the fact that, what I mean by there's no right answer is that given everything that's going on from a public health perspective and a political perspective and a guideline perspective, and just how we calculate the risks and benefits, we are being given, as parents, an impossible set of risks and benefits to balance. And that just comes down to the fact that society is not supporting parents.

Dr. Rebekah Diamond ([05:11](#)):

The past few weeks, this will come out in March. So it'll still be within the past few weeks or months, we were told as parents under five, here's a vaccine, actually, no vaccine, actually, here's a vaccine, no vaccine, also no masks. And it just is like, thinking about that at the most basic level, how do you balance that kind of information that's coming your way, giving you such conflicting sense of urgency and conflicting sense of risk and benefits because the messaging has been so confusing? And the sad fact is that public health has become so politicized that some of these decisions aren't based on the most scientific assessment of risk and benefit, or the idea that as a society, we should band together and protect our kids.

Dr. Rebekah Diamond ([05:53](#)):

I think when I say that there's no right answer, no wrong answer, what I mean is for you as a parent, you're going to have to decide in these basically impossible situations, what looks best for your family. It's going to depend on so many factors that I probably can't even begin to realize, what are the rates in your community at that time? What is the rate of masking? Are other people masking in your child's class or preschool? What are the vaccination rates? Is the vaccine just a week away by the time this podcast is coming out? And is that the point at which powering through with a mask until your kid is vaccinated makes a lot more sense? Is it something that is really troubling to your kid, is really impacting them, even just a social perspective, because you're in a place where there aren't a lot of masks.

Dr. Rebekah Diamond ([06:38](#)):

These are all really complicated personal decisions. And the fact that you're being asked to make them with so little support, I think we can just acknowledge that, that's infuriating and that is completely overwhelming. At the same time when I say there are a lot of wrong options, what I mean more is that from a policy perspective, there's a lot of choices being made that don't make sense. I talk to people a lot, both at work and online and my friends about how easy it is to confuse the policy decisions with the personal decisions and put blame and judgment and anger at ourselves when really what we're mad at

is these policy decisions that have put us in a bad situation. It's very long way to say, is it too soon to have mask mandates go away now? Yes.

Dr. Rebekah Diamond ([07:23](#)):

This is February, we're just coming down of Omicron surge. Having universal masking in this country makes a whole lot of sense. It's something we're not doing. It's something that we could be doing to protect the under fives. It's something that states could be doing a lot more. Outreach to make vaccinations more accessible and more accepted would be a huge thing we could do to protect kids with adult vaccination. These are all public health things that we're not doing right. And that is frustrating and upsetting, and that at the end of the day is not your fault. That is not something that you have done to your kid, or created for your kid, you're just this world and that situation that's being given to you.

Dr. Rebekah Diamond ([08:02](#)):

The relative risks and benefits in your situation are just with that already not so great setup. And some places, the reality is if you are a privileged person who lives in an area with high vaccination rates and with high mask compliance and financial ability to afford alternate means of education, or alternate more private outdoor, or actually personal means of getting that extracurricular stimulation. And that becomes a different risk benefit decision, or your work won't suffer if you have your kid home for a few days when there's a surge, or home for a little bit while you wait for them to be vaccinated. That's a totally different balance than someone who just is in a community with higher rates, lower vaccination rates, no one's wearing masks and you will absolutely not get promoted or even lose your job if you don't have school.

Dr. Rebekah Diamond ([08:53](#)):

At that point I just want to empower you to know that when we talk as pediatricians about wanting to protect kids from COVID, we mean it. I want kids not to get COVID if they don't have to, but the fact that they may be exposed to COVID through no fault of your own in order to prioritize some of the benefits that just come when you accept that exposure and that risk, that's okay, even if they do get COVID, I don't want them to get COVID. I'm angry that society has put us in this position, but it's also starting to become, unfortunately in some ways, a not completely preventable societal risk. And if you choose to accept that risk once you've mitigated as much as make sense within your life and in your situation, that really is okay. And it's not your fault.

Dr. Rebekah Diamond ([09:38](#)):

That's probably the longest way I could answer the question of when to take off masks. It's just the most honest way. And for example, to be more concrete and less theoretical, my daughter is still wearing a mask. We have a mask mandate through next week. Our state extended it in schools. I don't know what's going to happen after that, in terms of our mask mandate. I will say if there's a mask mandate, that's easy. She keeps wearing masks in school and when we go out. I will say, if there's not a mask mandate and it's one of the mask optional situations, I do feel lucky that I'm in a community where I believe, again, we'll see that enough kids will keep wearing masks and teachers will choose to wear masks because of the school system that we have that is really so aligned with the public health guidance.

Dr. Rebekah Diamond ([10:17](#)):

That will make my choice easier. And my daughter also has years of accepting masks as something that we just do when we need to do it. And I think she will be okay with it. But if it becomes a struggle, if no one else is wearing them, it becomes a source of something that really is an issue. Again, not because masks cause any mental health issues or cause any actual developmental struggles we can go into that. I'm sure we will, but because the adult reaction [inaudible 00:10:44] the masks can be very distressing to children. And so when it no longer becomes normalized as something we do as an infection and public health control measure, and it becomes this emotional politicized thing that we are putting our emotions on the kids and we are projecting our suffering onto them and they do start to feel really bad about them. And so that will be something that just develops.

Mary Miele ([11:06](#)):

Gosh, that is so thoughtful. I've already learned so very much. And I'm in such alignment with how thoughtful you are about your answer to that question, and just that we really are in a place of challenge due to the systems that are existing. And also the fact of the matter is our society as a whole does not value our children. I see this in the school systems. I think anyone listening, because this is an education platform, feels very similarly. And we are often as parents and advisors trying very hard to handle impossible decisions within systems that are not set up for the intention of helping our children.

Mary Miele ([11:48](#)):

And it's also though confusing sometimes because as you said, we, as parents can sometimes hear different messaging that is politicized and confuse it with the science that's involved. What do you feel, and this is not in our script, so I'm throwing one at you, but let's just say, I do really want to know about making a decision that's based on the science. What are the resources that I can go to besides following you and asking you? And I know you really do a lot of education in this way, but is there anything that I can rely on that will help me to understand that?

Dr. Rebekah Diamond ([12:27](#)):

So as a pediatrician, my main source of guidance is the American Academy of Pediatrics. As you'll see from how I talk about things online and in my book, I don't always a hundred percent align with what they're saying, because mostly through no fault of their own, they have to provide the most generalizably safe guidance for the most people. And a lot of those nuances are going to get lost. The nuances, for example, of your decision that you need to keep your job for financial stability, or for your own mental health versus send your kid to a school where there's not good mask compliance. All of those different situations can't make it into a generalized [AED 00:13:05] guidance or script, same with the other organizations, but generally in terms of how just the research behind it, the science behind things like masks and vaccines, that's going to all be accurate at the American Academy of Pediatrics. And they do have pretty regular briefings and resources that come out. I think that's probably the best place to start.

Mary Miele ([13:24](#)):

Okay. Amazing. Thank you. So let's get into the development piece, because I think a lot of parents, of course, are very concerned. How concerned should we really be about the effects of mask wearing on a child's development? There were some questions here just about speech issues. Maybe you can't speak to that directly because of not necessarily being an SLP, but I wonder just what do you think the concerns are for our children's development as they are enduring masks? Maybe there's a question I'm

not asking in there that you'll get to, I have a feeling, but I just wonder your thoughts about that. What can you tell parents who are having a heightened sense of anxiety around what we're doing?

Dr. Rebekah Diamond ([14:08](#)):

I get that question all the time. I have that question myself. I just want to validate, anytime you have a worry or a concern, I know things have become so controversial and politicized that are just normal parent questions and concerns. I want you to feel those are totally okay to have. And I want you to know the pediatricians behind closed doors, if you're not me, and then in front of a big Instagram platform, if you are me, are having the same worries. We're wondering what's the long term impact of a pandemic, more importantly, but also even just wearing masks. Is that a problem? This, that the other thing, missing school on lockdowns. We are wondering all those things. So I want you to feel validated that you're worrying about that.

Dr. Rebekah Diamond ([14:46](#)):

And then I also want to tell you why I don't sit here and worry about masks specifically. Like very similar to my other answer to masks before about when it's okay not to wear them, and just my big picture circling in to answer. The thing is that this has become so heavily politicized, so heavily used to promote agendas. That it seems like everyone, including many reputable people, we've all been forced to lose sight of the bigger picture. So I have actually written several pieces on this and spoken about this, masks are important to think about, but this is not a pandemic of masking, COVID is not about masks. Masks are one tool that we use that we have to think about risks and benefits, but the extent to which they've become a touchpoint and the most hot button issue in the pandemic is very hard to wrap your head around scientifically.

Dr. Rebekah Diamond ([15:38](#)):

And I say this because I feel it, I feel it too, that masks, vaccines, masks and vaccines and lockdowns, like that is the problem with the pandemic rather than the pandemic is the problem with the pandemic. This is a massive, highly mutating, highly difficult to control virus that's causing a tremendous loss of life and livelihood, economic struggles, long-term health effects, overcrowded healthcare systems, mental health issues from prolonged isolation, developmental issues from, again, just the challenges that have come into play, what we call social determinants of health and also adverse childhood events, which we have robust research on to show that maybe it's actually the virus itself and the stress of the pandemic that is much more harmful to kids. I have my different theories about why it's easier to focus on masks, whether it's because you're pushing a political agenda where you want everyone to think they have their freedom. So you're taking away masks and that translates to some sort of product you're selling, or a political platform you're selling. I think I see that.

Dr. Rebekah Diamond ([16:43](#)):

I think also sometimes we feel totally out of control and hopeless that we've been unable, or unwilling, or both, to control the pandemic. And so if you see children with a mask, it's like this visible signpost of the impact of the pandemic, but it's a symptom, not a cause of these issues. If we can start to view it as such and symptom that we can start to mitigate in some ways, rather than looking like, oh, this is an issue of ongoing wearing masks and this is causing all these huge problems. I think we'll start to understand that you can both want kids to be out of masks. You can both want to accept some risk and make that happen sooner, but also realize it is not the cure all people think it is, and not wearing masks is not going to end this pandemic. It's just true.

Dr. Rebekah Diamond ([17:29](#)):

So in terms of development, there's lots of science. We have global studies, we have global information. We're a society, especially here in the United States, we don't routinely wear masks. And my colleagues and I joke, it's funny, but crazy. When we worked in the emergency room, we're like, we used to go into these rooms with kids who were literally coughing in our mouths without masks. What was that about? Why did we think you only wear a mask when, and we did, I wore a mask most of the winter, once kids had their positive virus test, but I was walking in with a kid sneezing on me and I was like, maybe it's a virus, but we'll find out if I have to wear a mask. And that's just our attitude with masking, or people would go to work sick and get everyone sick there, or take public transportation and sneeze on each other.

Dr. Rebekah Diamond ([18:13](#)):

This has been a wake up call for us to realize how bad we've been at some very basic public health, it's very, very basic. Whereas in many societies, I have a colleague who is a pediatrician and she grew up spending a lot of time in Japan. And she says, when you were sick, you wore a mask even to walk out to the doctor or whatever, or to walk out in public. And if a lot of people were sick or there's an outbreak of something, people wore masks for a little bit. It was a tool, it wasn't a punishment. The data certainly doesn't say that there's any educational deficit in those countries or any developmental deficit, any psychological or emotional deficit. I think when we take a step back and we look at the data we have, we look at the biological plausibility as someone wearing a mask all day, every day for everything they do, is this a child who never sees parents' faces moving? Is this a child, for example, to give credence to the worry, is this a child who is in the hospital, whose parent can't be at the bedside?

Dr. Rebekah Diamond ([19:08](#)):

I take care of these children who now has seen for months, primarily people wearing masks and face shields. That's a very different risk and situation, that's a very different loss of exposure to facial expressions in speech than someone who is attending school and wearing masks for the classroom portion, but playing outside with friends without masks, or going home and just doing normal kid stuff at home, it comes down to this black and white thinking we have, this all or none, you're getting, this is going to be a problem or it's not. And just like in everything in medicine, it's the dose, it's the frequency, it's the risks and benefits on either side. And it's also just as a bonus important to realize kids are awesome, their brains are just incredible.

Dr. Rebekah Diamond ([19:52](#)):

They fill in gaps. They make you with incredibly stressful situations. I can't tell you how many babies laugh at me in my N95 and face shield, just because of my voice, my dumb baby voice that I do. They giggle, they laugh. They grab, it's really hard to unwire our evolutionary instinct to learn language and be social unless someone is intentionally depriving someone of exposure, or there's a true developmental issue that we need to spend some extra time working on. And we can do all that. I want to say, yes, from a big picture perspective, from a public health perspective, we should be considering all this. I think we really should.

Dr. Rebekah Diamond ([20:28](#)):

A truly scientific and sensible policy for kids would look at all of this together and say, what are the risks and what are the risks of masks in this situation? And really think about it. It's become so politicized that it's not bad, even at a public health perspective, but at a personal health perspective, I promise you if

you're the kind of parent who is thinking about this, if you have thought about your child's development and said that out loud, also worried about your child's health enough that they're wearing a mask, you're already there. You are already doing all the things I know, you're reading to them at home. You are eating meals with them and doing social things and maybe having a play date here and there, or maybe doing some sort of outward sport once in a while or outward thing, you're doing all the things you need to do. And so it's really okay to just know your kid's going to be okay.

Mary Miele ([21:16](#)):

That's so helpful. And it's really true. I think we're all dealing with this pandemic, which we perhaps are feeling very angry about. And it's very easy to forget that, that is really what we're all collectively handling and that there are many different voices in the ideation of the problem. And so it is so helpful to hear that perspective. I want to shift a little bit into some of the other questions that we got that are perhaps a little bit off the trajectory of the pandemic, but still equally important and interesting probably for you to also talk about. So let's talk about physical activity. I think it's such an interesting discussion. Let's say we weren't having the pandemic, maybe we'd have more questions like this, but kids right now are probably sitting a little bit home, a little more, how much activity should children be getting and what are some ideas that you have? What are you seeing there being in the creative sense in this area?

Dr. Rebekah Diamond ([22:18](#)):

Yeah. And this is a pre-pandemic issue. I think it's probably exacerbated by the pandemic, although I will say some of the perks, for people with the privilege of having outdoor time and space, it has been a bit of a nice shift that has for some situations to push less sedentary behavior, but for most situations, privileged or not, it's led to more sedentary behavior, as we are confined more, we do have this horrible expectation that parents are now teachers and nannies and working parents at the same time from their apartment, it's outrageous. And so, of course, there's going to be more sedentary time and screen time and less time for the structure and physical activity. I think it's a pervasive question and issue that with or without the pandemic is definitely on the front of a lot of people's minds. I'm not a numbers person and this is where I tend to diverge from more traditional pediatrics and more traditional guideline driven things, because I think some people do well with recommended numbers and schedules and things like that. I think that can be a very helpful tool for people.

Dr. Rebekah Diamond ([23:21](#)):

For me, it always leads me to feel like I'm less than, or always makes me feel like I have done something wrong because some situation has come in that has made the benefit of a sedentary activity outweigh the risks of it. For example, for the first few weeks of the pandemic, when we had no childcare and then I was working in the hospital, my husband was working at home. There's nothing. And, oh my God, it's been a long time. My then two year child, yeah, watched a lot of YouTube videos and Baby Shark and what have you for a long time. And it was not the recommended amount of screen time. She probably didn't get the recommended amount of physical activity for her age, but she probably got close to enough on average, because what I was able to do, as best I could is say, these are, like you said, unprecedented times, this is a situation where I got to just get through it.

Dr. Rebekah Diamond ([24:15](#)):

And so I'm going to prioritize getting through it and stress I've saved from telling myself I can only do 30 minute TV, and then I have to let her rip all of my papers into shreds and smash my phone. And while I

try to take a phone call, which would've been insane, that would not be feasible, the stress and the energy I've saved and all of that, then when I'm done at the end of the day, or when I have a break, I can go run around with her in circles outside, or supervise her doing something more physical. And I just have the plus it'll balance out.

Dr. Rebekah Diamond ([24:47](#)):

That's been my big picture approach with screen time and activity ever since, more about averages in moderation than about actual schedules and numbers. But with the caveat that I'm overwhelmed and tired, lots of times it is easy to sink a little too far into that approach. And I might find it's been a week of watching a movie almost every day, it's been a crazy week and it might be time for me to be like, okay, do I really have to do that? Is it really what I want to be doing? Maybe we can rearrange things so there's a little more of the physical activity and the non-sedentary engagement. And then you put the extra effort in then. So I have a frequent check in, but not restrictive mentality for this. You do what you can and maybe you put yourself a little, but if you put yourself too much, it's not sustainable.

Mary Miele ([25:36](#)):

Accurate. So it's really hard, and I know a lot of education has actually changed its form and we're seeing so much more online education and on screen education. And parents did also write in, there were many questions actually about screen time recommendations. This is our final question here for this podcast. And we'll get into just how to find you after this, but what are the changes of that mentality in your field? And I know parents really are dealing with unprecedented times. I remember myself as a brand new mom, I remember I was sick one time and my own mom just said, hey, this is survival. Just put him in front of the TV and get well, and that's it. And I didn't really think much of it then, but when I was going through the pandemic, I certainly applied the same mentality, which was, this is real. We got to just get through it. And sometimes that just means they got to be on the screen so I can do what I have to do to support them. It was really feeling like survival.

Dr. Rebekah Diamond ([26:36](#)):

This topic is so near and dear to me, even before the pandemic, but the pandemic really brought it to the forefront in so many ways. I actually have a whole chapter in my book, which we will talk about, about screen time for babies, because it's such a hot topic in pediatrics. When my daughter was born, I was a pediatric resident and that was, it was really restrictive guidelines at the time, they exist now too, essentially there hasn't been a huge change in the official [AED 00:27:03] recommendations since 2016. And they're really restrictive. And this is an example where I do diverge from them because in a vacuum, what they're saying makes sense, if you have the social supports and you have a society that actually invests in children, and you can find a way to actually sustainably get a kid to not be watching a ton of screens. Sure. I like that. I like that idea.

Dr. Rebekah Diamond ([27:28](#)):

But the idea that it's the presence of screens themselves that are causing harm. Again, this is another example to me, a perfect example of screens being a symptom, a symptom of a lack of support, a symptom of the need to just have some other measure way of childcare, other way of something to keep your kids safe, to keep your kids stimulated, or to help your kid chill out. And it's also really complicated the data, a lot of the data about potential screen time harms. It's not these like, it's really hard to study this, I guess is what I'll say. You obviously can't take a bunch of kids and say here, watch Cocomelon for your whole life and then send the rest of the kids to school. That would be terrible. So

instead we have this huge observational data and we have studies that are as good as we can do, and they're good studies, but they're all sorts of mess and all sorts of confusion.

Dr. Rebekah Diamond ([28:17](#)):

And for example, they confuse things like sedentary behavior with screen time. I talk about this a lot people, [inaudible 00:28:25] keep ball and on mind and again, the whole chapter on this, because it's so important that a lot of these studies, they didn't look at anything other than when you strap a baby in and put them in front of a screen, or put them in a car with a screen. Now that obviously is going to introduce a whole host of different factors than when you put on the screen because you and your kid need to watch a movie together, maybe you're cuddling, maybe you're talking to each other, maybe if you're free to get up like they do and go get a snack, or get up and go do a puzzle and during the scary parts like my child does, or talk to you and develop language. Again, it's anytime we're in a number system, in a restriction system, we're going to lose all of that nuance. We're going to lose all of the instinct and common sense.

Dr. Rebekah Diamond ([29:06](#)):

And the common sense is that screen time does not replace real-time, that's true. Screen education isn't the same. We all know that. You can't learn language the same way just by videos, just by TV, Zoom and FaceTime is not even quite there yet either. We know all of these things, but the presence of screen time isn't the root cause and it isn't the poison, masks aren't the poison. Our society needs a lot of change and I hope we can advocate for that together. In the meantime, you are doing what you need to do to keep your kid as safe as possible in the society. You can just know that and let everyone else not make you feel otherwise.

Mary Miele ([29:47](#)):

I love that so, so much. We are really aligned in our advocacy of children and also in the permission that we grandparents to really do what is best for their child, they know their child best. And they get to actually think in the gray areas of all of this. And I think you really do promote that for us so, so well, and help us just to be confident in our positions, which I know is sometimes really what we seek and we know is so important in our work as parents. So I would love for you just to share a little bit about your book, which I saw pop up as I was scheduling you. You didn't mention it when I was emailing with you, but it came right there. And I said, I have to ask more about this book and where parents can purchase it, because I know you can pre-order it right now. So please talk a little bit about it now with everybody, because I know we'll need to get our hands on a copy.

Dr. Rebekah Diamond ([30:46](#)):

Oh man. I'm so excited. Yeah, just got released for pre-order. So the book conveniently enough is called Parent like a Pediatrician. And so this book is going to cover everything you need to know in the first year of parenting. It is absolutely, I wrote it as the book I wish I had had as a first year parent, totally overwhelmed even as a pediatrician. And we'll go through each main topic, screen time, feeding, breastfeeding, safe sleep, everything will go through it in tremendous detail so that you know what your safe range of options are that work for you and hopefully, and start muting all the other very stress inducing things on your feet and in your life.

Dr. Rebekah Diamond ([31:22](#)):

And just really, like you said, trust yourself and be confident. You know how to get good information and you know how to use it. So it's coming out in September, but you can pre-order it right now if you'd like. My publisher is Kensington, you can go to their website, or you can go to any of the big retailers, Amazon, Barnes & Nobles, Target, Walmart, you name it. And if you want to support your local bookstore, which I'm a huge fan of, you can pop in and ask them to order it for you.

Mary Miele ([31:46](#)):

Thank you so much, Dr. Diamond. You are a gift to the world of parents and science and all of the things that pediatricians do for kids. So thank you so much for just being brave enough to show up and share with us all that you think about and how you think about it. It's such a play pleasure to have you on this podcast today. And I do hope everybody does run, check you out, go on your Instagram, follow, learn, learn, learn, and be amazing parents because it's what our kids really need right now more than anything, is our support and just the amplification of who they are and the gifts they bring to the world. So thanks again and we'll end it there. Thank you.

Dr. Rebekah Diamond ([32:26](#)):

Thank you so much.

Mary Miele ([32:32](#)):

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