

# With the Wind with **Dr. Paul** – Show 185, Pediatric Perspectives: Tips for Raising Happy Healthy Children, with **Larry Palevsky, M.D.**

Speakers' Speaking Times

- **Larry Palevsky, M.D.:** (72.7%)
- **Dr. Paul:** (26.3%)

00:00:40:28 - 00:01:05:39

**Dr. Paul**

VAX facts this book hits bookstores December 10th. You can get a copy now by going to VAX Facts book.com, where you can get a signed author's copy, where you can order an e-book, or you can also preorder the book if you are seeing this message before December 10th. You can also order this book at any bookseller, any bookstore, wherever books are sold, and preorder your copy.

00:01:05:53 - 00:01:16:16

**Dr. Paul**

Get this book for your loved ones, for your family, for yourself, and let's get healthy.

00:01:16:16 - 00:01:26:48

Unknown

Do. You.

00:01:26:53 - 00:01:35:10

Unknown

Know.

00:01:35:10 - 00:02:02:13

**Dr. Paul**

Good morning. PhD. Welcome to Pediatric Perspectives, where we are looking at children's health challenges from a different perspective, one that includes critical thinking. One not afraid to give you the honest truth. I'm your host, Doctor Paul. Today, my guest is Doctor Larry Pawlowski. He's like one of my favorite pediatric organs. Larry is passionate, dedicated, and you're always willing to do whatever it takes to get the word out to people.

00:02:02:13 - 00:02:24:45

**Dr. Paul**

And I appreciate that of you. You've been sacrificing a lot for our children for decades, so thanks for being on the show. We're going to cover today. This is a broad topic, but I'm pretty sure I'm going to be delighted with your perspective, and I'll have a few little insights to add, but tips for raising happy and healthy children in our world today.

00:02:24:50 - 00:02:39:29

**Dr. Paul**

We live in a crazy world. So you know, do we do it different today than maybe when, you know, I was raising kids 30, 40 years ago? We want to look at physical, mental, emotional and spiritual. Start wherever your heart takes you.

00:02:39:34 - 00:03:12:53

**Larry Palevsky, M.D.**

Okay. Thank you. Paul, it's great to be here again with you. I want to start with Pre-Conception, actually. I want to start with, counseling, parents to be with how to provide an opportunity for a safe entry of, fertilized egg and, a great pregnancy. And that requires really, a great understanding of the role that your diets can play in, healthy sperm and healthy egg production and then healthy uterine lining production.

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**Larry Palevsky, M.D.**

So we really want to be mindful of whole foods diets, organic where possible, watching that you stay away from the processed foods, stay away from the chemicals, the dyes, the preservatives, the additives and the food colorings, and also minimize your EMF exposure. I think it's very, very, important. And it's it's not spoken about enough. If you want to get pregnant and you want to have a healthy pregnancy, not only what I just described and making sure your skincare products are clean and and that your air in your home is clean and your make up for for those who are using makeup.

00:03:49:42 - 00:04:20:42

**Larry Palevsky, M.D.**

Those are all clean, but you really minimize your EMF exposure. Wi-Fi routers keeping the devices on your body and your labs in your breast and your heart, in your pockets. These are places that, you really want to want to pay attention. And then during the pregnancy, you know, there's no doubt, Paul, that that the literature shows how big emotional stress is to creating, chronic neurological conditions in babies later on.

00:04:20:47 - 00:04:48:12

**Larry Palevsky, M.D.**

And so try to provide your environment with, with really nurturing, loving, and peaceful, places for you to coexist with your partners, with your other kids, and with your family. And, of course, try to keep the sonograms to a minimum. Sonograms are very loud to babies. The the the sound goes through water in the amniotic fluid and much greater decibels than it goes through air.

00:04:48:23 - 00:05:08:19

**Larry Palevsky, M.D.**

So you'll see the baby move, but you're basically putting the baby underneath an airplane. And so please try to minimize the sonograms if you can. And let's try to have a vaginal birth.

I'm not a woman. I don't pretend to be a woman. I'm never going to be a woman. So I can't tell a woman, don't have an epidural and don't take pain meds.

00:05:08:24 - 00:05:35:49

**Larry Palevsky, M.D.**

But the idea is to try to do your best to put that off as long as possible. If you can. And let's shoot for vaginal deliveries. And let's really, Paul, let's try to stay keep the umbilical cord pumping until it no longer pumps so that we can get the stem cells back into the baby so we can get the blood flow back into the baby so we can get that equilibrium back into the baby.

00:05:36:02 - 00:06:07:27

**Larry Palevsky, M.D.**

And a peaceful, restful baby who then won't be anemic, will have its stem cells and will be much, much better to fight the crazy world that you described. And most importantly, please, please breastfeed. Please breastfeed. Let's do our best breastfeed. The formula companies, the hospitals are really shoving the chemicals down our throats to give to the babies as soon as your baby is born.

00:06:07:32 - 00:06:31:39

**Larry Palevsky, M.D.**

Please make sure that, you are breastfeeding as much as you possibly can. And as well. You know, Paul, we have to bring this subject up. Please stay away from the hepatitis B vaccine at birth. There is no medical indication to give your baby a hepatitis B vaccine. Your baby is not sexually active. Your baby is not exchanging needles.

00:06:31:44 - 00:06:41:01

**Larry Palevsky, M.D.**

The baby is not exchanging blood products. And your baby is not using I.V. drugs, nor is your baby promiscuous.

00:06:41:06 - 00:06:43:23

**Dr. Paul**

The risk is zero to your baby.

00:06:43:23 - 00:06:44:47

**Larry Palevsky, M.D.**

Does not vary.

00:06:44:47 - 00:06:49:06

**Dr. Paul**

From mother happens to have active hepatitis B, which is so so rare in this country.

00:06:49:08 - 00:07:07:34

**Larry Palevsky, M.D.**

But at least you can know that at the time that the baby's born. And if you need, if you can please stay away from the vitamin K injection. And I know this is very controversial. They'll tell you it's preservative free. No such thing. No such thing.

00:07:07:35 - 00:07:24:56

**Dr. Paul**

You can give oral vitamin K and get adequate protection that way. So thank you, Larry, for the pregnancy time period. I want to highlight what you said people will hear will reduce the EMF. But yeah turn off your routers at night if you can. Don't have that cell phone on you and don't have it near you when you're sleeping.

00:07:25:01 - 00:07:42:17

### **Dr. Paul**

You can use grounding mats if you want to get a little more hardcore. It just sort of getting some of the energy out of there. And then I want to add, in addition to hard core organic is so important to avoid glyphosate and pesticides and all that. But I want to add avoid the vaccines during pregnancy. They just don't make sense.

00:07:42:21 - 00:08:03:50

### **Dr. Paul**

You are activating the immune system and we know that immune activation causes developmental problems, not to mention the toxins that are in the vaccines themselves. So that one is just like, why are we doing this? It makes zero sense. It is highly toxic, very dangerous to your your baby's development, both immunologically and neurodevelopmental.

00:08:03:54 - 00:08:29:06

### **Larry Palevsky, M.D.**

Yeah. How did I leave that out? All right. You only made for me. But, but. And don't let your obstetrician browbeat you. Don't let them stay. You are the consumer. Don't let them shame you or fear you into thinking that you're endangering your baby if you don't take right those.

00:08:29:11 - 00:08:51:36

### **Dr. Paul**

So I always advise parents, don't go alone to any doctors appointment, especially ObGyn or pediatrics, because their protocols include vaccination and the vaccinations don't make sense. And it's hard to resist when the authority person is pressuring you. But if you have somebody on your side with you, it's a lot easier. Also, with regards to those of you delivering in hospitals.

00:08:51:41 - 00:09:16:37

### **Dr. Paul**

Just know that when you sign that consent form, most likely hidden somewhere in the fine print, you've given permission for the hepatitis B vaccine. They might use the word biologics or routine care, and they've got standing orders. So it's routine care to give both the vitamin K shot and the hepatitis B. Never leave your baby unattended. Make it clear to every single person you see that you're not doing the hepatitis B and even the vitamin K.

00:09:16:37 - 00:09:41:12

### **Dr. Paul**

If you've got those oral drops and your baby will be off to a really good start. If you follow those simple steps like so. We're through pregnancy now. And the new parent, Larry, I want to raise a well-rounded, healthy child. Mental, emotional, spiritual, physical. What's how do I do that? This is they don't come to the manual.

00:09:41:17 - 00:10:18:44

### **Larry Palevsky, M.D.**

So I'm going to highlight a couple of things that I share with parents. And, besides the breastfeeding, I really encourage new parents or even parents who have their second kid keep people out of the house. Babies do not have something called object permanence. What is object permanence? That is, if you can't see, smell, taste, hear, or feel a person you know about in the world, you still know in your heart that that person exists.

00:10:18:48 - 00:10:50:07

### **Larry Palevsky, M.D.**

That's object permanence. Babies don't have it. Paul. And so babies need to know you're there. They need to be able to see you up close. Smell you, taste you feel. You hear. You. And if they don't, they will feel abandoned. And most often, babies get sick. Not necessarily because of germs, but because their nervous systems are shattered. And so I really encourage parents, especially new parents, stay with the baby.

00:10:50:08 - 00:11:27:36

**Larry Palevsky, M.D.**

Speak to the baby, let the baby smell you. See you, taste you, hear you, feel you as much as possible. Because that will nurture the baby's heart rate. It will especially do good heart rate variability as much skin to skin as possible, and the mother's attention needs to be kept towards the baby. And that's why I say, please keep people out of the house unless they're going to run errands or bring you food, because the mother will invariably take care of everyone else.

00:11:27:41 - 00:11:51:47

**Larry Palevsky, M.D.**

And in those moments of taking care of everyone else, the baby will not be bonded to. And that is a nervous system shatter. And so don't come over. Don't make it about you. It's really nice that the baby was born, but let the parents get the rhythm, let them get their routine. Let them get their bearings because it's brand new.

00:11:51:52 - 00:12:19:51

**Larry Palevsky, M.D.**

And what I often say to new parents is, congratulations. You have accomplished so many things in your life up to this point. And now Paul, they know nothing and they're not expecting to know everything and how well these parents are able to deal with the unknown and uncertainty and how well they can deal with being curious. Oh, I don't know what that is.

00:12:19:51 - 00:12:43:32

**Larry Palevsky, M.D.**

I wonder what that is. Gee, I never saw that before. I wonder what this is. How well they can use their curiosity will determine how much fun they have because all the baby needs to know is that you're connected. The baby doesn't need to know that you're doing it perfect, that you get it perfect that you have the right through all the time, that you take care of the baby 100% perfect.

00:12:43:37 - 00:13:10:43

**Larry Palevsky, M.D.**

The baby just needs to know that you're connected, that you're there, that you're curious, that you're bonding, that you're acknowledging the baby and you're staying close because they don't have object permanence. And sleep regression is not a regression. I want to say that to the people in the back. All sleep regression is not a regression. Babies often, and I know this is going to sound strange to a lot of people.

00:13:10:48 - 00:13:42:20

**Larry Palevsky, M.D.**

Babies often sleep through the night by three months. Even breastfed babies and somewhere close to five and six months they begin to wake up more at night. That is not regression. That is a developmental shift. It is around that time when babies begin to sense object permanence, and so they wake up at the time of day when they are most afraid, and they need to check.

00:13:42:25 - 00:13:58:27

**Larry Palevsky, M.D.**

Are you there? Are you there? Is everyone right? And I connected to. And so sleep regression is not feeding me. I'm hungry. It's connect to me. I'm scared. I'm beginning to wonder if you were there or not.

00:13:58:32 - 00:14:06:49

**Dr. Paul**

So that's the time when some pediatricians are teaching cry it out sleep training. What would be your comment to that?

00:14:06:54 - 00:14:35:26

**Larry Palevsky, M.D.**

I think it's barbaric. I think it's inhumane. And the thing that I say to parents when they ask me about sleep training is, let me ask you a question. You're in a room, you're crying hysterically, something's bothering you, and all of your loved ones are on the other side of the door, and you know your loved ones are on the other side of the door, but not one of them comes in to see if you're okay.

00:14:35:31 - 00:14:37:59

**Larry Palevsky, M.D.**

How would you feel? And you watch.

00:14:38:11 - 00:14:39:36

**Dr. Paul**

Parents on an abandoned.

00:14:39:50 - 00:15:09:02

**Larry Palevsky, M.D.**

Right? You watch the parents themselves go, oh, oh. I never thought of it that way. Yeah, you're you're dealing with a child who doesn't know object permanence. And here you are abandoning your child. Connect to your child. They need reassurance. And they need reassurance more than they need the breast, more than they need to be fed. This is vital for them to develop safe attachments.

00:15:09:07 - 00:15:12:04

**Larry Palevsky, M.D.**

See attachments. Yeah.

00:15:12:09 - 00:15:27:29

**Dr. Paul**

So emotionally, mentally and even spiritually they need that. And then physically we need enough nutrients. And breast is best for a very long time. And then you progress on to hopefully organic whole foods. Right.

00:15:27:34 - 00:15:49:25

**Larry Palevsky, M.D.**

Right. So you know a lot of parents and I'm sure you heard this question over and over and over again, how long should I breastfeed my child? And, you know, the American Academy of Pediatrics says six months. And that's that's a good start. A year is great. And then anywhere between 1 and 2 years to wean would be fantastic.

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**Larry Palevsky, M.D.**

And the reason I say that is because the quality of the milk does go down, and we live in a culture where the children can hunt and gather, so there is food available. If you are a mother living in an environment where there's very little access to food, then breastfeeding till three 4th May make sense, but going to 1 to 2 makes total sense.

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**Larry Palevsky, M.D.**

As your child develops, the ability to hunt and gather and start feeding him or herself and separate. And you'll see that developmentally, what a toddler does is a toddler has to separate because their main purpose in their toddler years is to explore their physical environment, and then they'll turn around and see if you're there, and then keep going, and then turn around and see if you're there and keep going.

00:16:38:29 - 00:16:54:15

**Larry Palevsky, M.D.**

So they must separate in a safe environment, and they must be able to figure out the physical world by themselves. And not with you arranging it for them. And that's key. That is very, very key.

00:16:54:20 - 00:17:21:49

**Dr. Paul**

Last time we were together you shared quite a bit about nutrition. So I think we might set that aside for right now. And I'm going to ask you a question. To me. There are certain dangers out there. You know, as parents we need to protect, what do you see as the biggest or most common threats that maybe parents aren't even tuning into or aware of, that we can as a parent, I can shield my child from from this, that and the other.

00:17:21:54 - 00:17:25:33

**Larry Palevsky, M.D.**

Vaccines that that one. I would.

00:17:25:33 - 00:17:26:15

**Dr. Paul**

Agree with that.

00:17:26:29 - 00:17:56:26

**Larry Palevsky, M.D.**

Okay. Please keep your children away from cell phones and devices to the people in the back. Please keep your children away from cell phones and devices. They don't need the electromagnetic radiation. Cancer is the leading cause of death in children. Now, please keep these devices off the kids. It's not cute for them to hold it.

00:17:56:31 - 00:18:29:06

**Larry Palevsky, M.D.**

It's not cute for them to scroll. And the other thing that I really want to stress here, Paul, is that babies are born in an addictive brain. Immediate gratification I want to get, I want, I get, I want, I get if I don't get, I'm going to die. Hysteria, cry. And as we get older, we move out of that brain where if we don't get what we want, we realize, you know, life is still good.

00:18:29:11 - 00:18:53:06

**Larry Palevsky, M.D.**

And I think the tagline for parenting is this is going to hurt me much more than it's going to hurt you. And it's important for parents to be parents, to make the decision to take something away from a child that you deem is not in the best interest of the child, and not to hear the voices in the back that go, oh, come on, let the kid have it.

00:18:53:06 - 00:19:26:35

**Larry Palevsky, M.D.**

It's cute. It's cute. It's not cute. It's not cute to watch a toddler, a three year old, a four year old, five year old, an eight year old. The ten year old, 12 year old to be playing on these devices. They are addictive and they do stunt brain development. And I really think that we have not done enough in the pediatric world to stop these addictions, because what happens is.

00:19:26:40 - 00:19:59:30

**Larry Palevsky, M.D.**

That you and I both know Paul and, the rest of the pediatric world should know this. Every stage of a child's life, there's emotional, mental, social, psychological and spiritual development. So two is different than three is different than five is different than eight. Every step of the way there's important there are important stages of development. These cell phones and these devices stunt that development, especially the emotional development.

00:19:59:35 - 00:20:30:15

**Larry Palevsky, M.D.**

Yeah. And so what you get, are kids who are anxious, who don't go into the world, who don't explore and don't experiment, who don't try things, who don't fail and then try again, who don't figure things out on their own, who don't know how to problem solve, who don't have the skill set to live life because the devices are filling their brains all the time and it takes it robs.

00:20:30:29 - 00:20:53:50

**Larry Palevsky, M.D.**

And I use the word cripples. It cripples the emotional development. So if you really want your child to develop his or her own essence, his her own person, let the child explore life and not be sitting with a device exploring other people's lives. Yep.

00:20:53:54 - 00:21:23:56

**Dr. Paul**

And you have to ask yourself, who's raising my child? Because when you let them on to these devices, when you have them watching television or watching social media or whatever they're finding on these smartphones, you're not raising your kids somebody else's, and they're instilling in them values and messages that it probably would shock you. Right. And so we need to be intentional parents about, what we want our children to grow up to become and what we want to expose them to.

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**Larry Palevsky, M.D.**

But Paul, everyone else is doing it.

00:21:27:32 - 00:21:45:54

**Dr. Paul**

Yes. And look at what's happening for everybody else and look what's happening for their children. If you do what everybody else does, you get the outcomes. Everybody else is getting, and you just have to look around. And kids are not healthy. They're anxious, they're

depressed, they're suicidal, they're drug addicted. They're this, that and the other doesn't have to be that way.

00:21:45:59 - 00:21:57:16

**Dr. Paul**

I love your I love your input on this, Larry. Let's just fast forward quickly. We've got just a few minutes left to maybe school age and teenagers. Do you have any special tips for those age groups?

00:21:57:18 - 00:22:38:59

**Larry Palevsky, M.D.**

I am a big fan of the following four statements six. Solve answer correct. Please do not fix your child's mistakes. Please do not solve your child's problem. Please do not answer your children's questions and please do not correct when they make a mistake. And the reason I say that is because I want us as the adults, to foster creative thinking and critical thinking and problem solving in our children.

00:22:39:03 - 00:23:18:33

**Larry Palevsky, M.D.**

And if we are quick to answer their questions, they never have to rely on themselves. And if we're quick to solve their problems, then never have to rely on their own skill set. And by fixing, solving, answering and correcting. We may think we're being great parents, but actually we're crippling our kids for their ability to have a life of their own because they're not going to be able to live life without getting the answers from outside.

00:23:18:38 - 00:23:38:24

**Larry Palevsky, M.D.**

And that doesn't mean you don't answer your kids question. But the example I gave Paul is about 15 years ago. I had my stethoscope on my desk and a three and a half year old boy

looked at me and said, Doctor Larry, what's this? And I said, I don't know, what do you think it is? And he gave the answer a stethoscope.

00:23:38:29 - 00:24:11:30

**Larry Palevsky, M.D.**

Now how would I have known parents? How would I have known that this child knew the answer? And miraculously, three weeks later, another three and a half year old boy looked at my cell scope and said, Doctor Larry, what's this? I said, I don't know, what do you think it is? And he said, A heart listener, Paul, how would I have known the creativity of this child if I had dumped my answer onto the kid?

00:24:11:35 - 00:24:39:02

**Larry Palevsky, M.D.**

And so I beg parents, don't give your kids the answers. And in my experience, Paul, when children ask questions, the most common reason for them to ask a question is not to get the answer is just to connect to your heart. They want your connection. They want your love. They want to be seen, heard, and acknowledged by you.

00:24:39:07 - 00:25:02:44

**Larry Palevsky, M.D.**

And if you give them the answer, you're actually disappointing them. Again, this is general. I mean, there are times where you have to give an answer. Where are we going? Where do you think we're going? No. Okay, we're going here. But my my goal is to say, don't fix things, don't solve things. Don't make it better. Make it safe, but don't make it better.

00:25:02:49 - 00:25:22:51

**Larry Palevsky, M.D.**

Don't answer, don't correct. Give them the opportunity to explore, to fail, to trial and error, to create that self confidence that won't be there if they're in the devices. And if you're fixing, solving, answering, correcting.

00:25:22:51 - 00:25:37:54

**Dr. Paul**

So I'm going to leave you with one last question that I think a lot of parents struggle with when you've got a pre-teen teenager and they're starting to mess around with drugs, what do you do with that situation? Well, if you're the parent in this case.

00:25:37:59 - 00:26:04:44

**Larry Palevsky, M.D.**

I think it depends on the parent. It depends on the family, it depends on the environment. What I have seen, Paul, and I'm sure you did too, is this gentle parenting that really doesn't allow the parent to step up and enforce consequences to the child. And so what we have seen in our culture is a tremendous amount of leeway, of entitlement, of privilege.

00:26:04:44 - 00:26:33:15

**Larry Palevsky, M.D.**

We want to give our children everything we don't want them to feel bad. We don't want them to struggle. We, you know, we we don't want to say no. And children are not learning consequences the way they need to. And so if a child is going to do drugs and the parent knows this, then there has to be some degree of consequences, some degree of parenting that steps in.

00:26:33:20 - 00:26:53:17

**Larry Palevsky, M.D.**

You know, some might say, well, you know, Doctor Larry, you're never going to be able to prevent it. You're like, yeah, but there are going to be consequences. And, you know, there have to be ground rules, right? They have to be safety ground rules. And there have to be and there may need to be punishments like, yeah, no phone for a month.

00:26:53:22 - 00:27:02:53

**Larry Palevsky, M.D.**

Like what? You know, how can I live without my phone? You stink. You're ruining my life. Well, you know, this is a choice you made. This is the choice made.

00:27:02:58 - 00:27:26:41

**Dr. Paul**

Okay, I'm glad you clarified. Because when you don't, the first four things sort of was like, oh, they're on their own. But there are times you have to be a parent. I remember when I had a house full of teenagers and they were all some of them were driving, some were learning how to drive. We had one kid's car and I had a messy situation with drug and alcohol use in my home.

00:27:26:45 - 00:27:44:03

**Dr. Paul**

Long story. But anyway, I just made the rule you have to pass random tests if you want to drive the car. And it's interesting, Larry, I had two kids, two of my boys chose not to take. They just chose not to drive because they knew they couldn't pass those two tests and they didn't want to pass them.

00:27:44:08 - 00:27:49:48

**Dr. Paul**

They had made other decisions of what they were going to do with regards to drug use. But yeah, I.

00:27:49:48 - 00:28:19:45

**Larry Palevsky, M.D.**

Actually feel that parents aren't parenting enough, that they're actually giving their kids too much leeway. When I said don't fix, don't solve, don't answer, don't correct, I wasn't talking about those situations. Okay. No, no, no, I was talking about the everyday things. But, you

know, I'll never forget this is like 20, 22, 23 years ago. And a mother come into my office with her three year old son.

00:28:19:50 - 00:28:37:03

**Larry Palevsky, M.D.**

And as they walking in, she said to the boy, where do you want to sit? Do you want to sit over here or do you want to sit over here? How about you sit there and I sit over here? Now, maybe you sit there and I sit there. And what I really wanted to say to her was, shut up.

00:28:37:08 - 00:29:20:35

**Larry Palevsky, M.D.**

Just don't talk. Let the kid just walk in and explore the room for himself. And I knew this mother well, and I just knew that this is a kid who was going to have tremendous amount of anxiety as he got older, and I lost touch with the family because I changed practices and I was right. Years later, I found out that the kid was very anxious because the parents were just, you know, like, oh, let's we have to orchestrate and manipulate and, and make sure that we're involved in every little detail of the child's life.

00:29:20:40 - 00:29:48:45

**Larry Palevsky, M.D.**

No walk in, sit down, and the kid will find his way to the chair. And this gentleman is like, oh, I have to make it right now. I have to make it perfect and I have to orchestrate it is making kids very, very anxious. But, you know, the biggest thing that I see is and I've seen it for over 25 years, well, I don't want my child to feel bad.

00:29:48:50 - 00:30:04:14

**Larry Palevsky, M.D.**

And that's that's what episode we can do. Just just that title alone. I don't want my kid to feel bad. It's like, well, you're the parent. You got to make these decisions. Yeah, yeah, but I don't want my child to feel bad.

00:30:04:19 - 00:30:27:51

**Dr. Paul**

I'll get you back for that episode as we wrap this one up. You always have such great insights and wisdom. Do you have any insider wisdom on parents who are a little uncertain about what to do with spirituality with their kids? I think so many of our our societies become so disconnected from spirit, from soul. If you will, or something along those lines.

00:30:27:56 - 00:30:28:56

**Dr. Paul**

Any insights on that?

00:30:28:57 - 00:31:02:30

**Larry Palevsky, M.D.**

Yeah. As a pediatrician, I want to offer parents this. Children learn best by modeling and imitating. They learn less by you telling them what to do. And the most common statement we as pediatricians hear from parents is my child doesn't listen to me, and your children often shouldn't listen unless it's something dangerous, of course, because children learn by modeling.

00:31:02:35 - 00:31:48:04

**Larry Palevsky, M.D.**

So if you really want your child to learn something, it's important for you that your child learn about your religion or learn about your spiritual nature. Be your religion, be your spiritual nature, and let your child engage in it. Instead of just explaining it and talking me through it and dumping the information into them, give them the opportunity to be exposed to it, to try it on, to explore it, to ask questions and have a dialog when they show curiosity but keep it at their level, keep it at the level to which they can understand it.

00:31:48:09 - 00:31:51:29

**Larry Palevsky, M.D.**

But that would be my my initial answer to it.

00:31:51:34 - 00:32:17:48

**Dr. Paul**

Beautiful. Yeah, I was at the Center Academy in Florida and they have a sound room. They have a meditation room, they have breathing training. It's it's beautiful and it's it's not specific to any religion, but it's just a way to connect with with spirit. And, Yeah, I love your advice, Larry. Thank you again so much. I always appreciate you having you on the show and God bless you.

00:32:17:53 - 00:32:19:09

**Larry Palevsky, M.D.**

Many ball. Thank you.

00:32:19:14 - 00:32:35:02

**Dr. Paul**

Love you too. Great to have you on another show. I can be reached at Kids First forever.com. If you want coaching or more information about me and what I'm doing. I look forward to seeing you next week.

00:32:40:21 - 00:32:41:57

**Dr. Paul**

I look forward to running

00:32:41:57 - 00:33:06:15

**Dr. Paul**

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00:33:06:21 - 00:33:13:37

**Dr. Paul**

I'm **Dr. Paul**.