

# The Healthy Buzz



*Fresh tips, tasty bites, and growing strong—together!*

## WELCOME TO **THE HEALTHY BUZZ**

Advocates for Healthy Kids is here to cut through the noise and bring parents the practical, balanced information they need to raise strong, healthy families. From real-life nutrition tips to clear breakdowns of hot-button health topics, this newsletter delivers resources, ideas, and encouragement—so you can stay confident in the most important role you'll ever have: **being your child's greatest advocate.**

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## THE LATEST

### ***What the Recent Decline in Peanut Allergies Tells Us***

If you've been paying attention to stories about food allergies, you may have spotted recent headlines: **childhood peanut allergies are dropping.** According to [a recent study](#), peanut allergies in young children in the U.S. fell by over 40% after guidance shifted to encourage earlier introduction of peanut-containing foods.

That doesn't mean every kid avoids peanut allergy, or that we should all rush to the grocery store. What it does illustrate is how science and medical guidance can change — and why it's smart for parents to stay engaged, ask questions, and make decisions that fit their family's values and comfort zone.

### **Why the Drop is Meaningful**

Historically, parents were often told to delay introducing peanut foods to babies, particularly if the child had eczema or other allergy risk factors. Then came strong evidence that introducing

peanut-containing foods earlier (for example, between 4 and 6 months in infants ready for solids) could reduce the chance of developing a peanut allergy.

More recently, large-scale real-world data suggest that these guideline changes have a real-world impact: for instance, peanut allergy rates fell from approximately 0.79% to 0.45% among U.S. children aged 0-3, [in one study](#).

For parents, this highlights something we've talked about before: *medical guidance is not static*. What was once standard may change as new research emerges.

## **What This Means for Your Family**

Here are a few practical ways to approach this topic and feel confident in your parenting decisions:

### **1. Recognize that changing guidance is part of science**

It can feel confusing when what past experts recommended is no longer recommended today. But that isn't a flaw in you or your parenting, it's how science works: evidence accumulates, models evolve, and recommendations follow. When we embrace that mindset, we treat ourselves as educated advocates rather than passive recipients.

### **2. Get clear on your child's risk and readiness**

If you're considering when and how to introduce peanut-containing foods, talk with your pediatrician about your child's individual risk profile (eczema, egg allergy, family history) and developmental readiness for solids. The updated guidelines identify infants with severe eczema or egg allergy as higher risk and suggest earlier introduction under medical supervision.

For infants with no identified high-risk factors, the guidance is broader: once they're ready for solids (around 4-6 months, per pediatric standards), peanut-containing foods can be introduced as part of the varied diet.

### **3. Use trusted sources and ask meaningful questions**

When you read headlines or see social posts about "how to prevent peanut allergy," pause and check:

- Who is the authority behind this claim? (Is it a major health agency, medical society, or peer-reviewed study?)
- What population is being discussed? (High-risk infants? General population?)
- What are the practical details? (What “peanut foods” count, what timing, in what form?)

For example, the [FDA](#) says:

*“If a baby has severe eczema, egg allergy, or both ... introducing age-appropriate, peanut-containing foods as early as 4 months may reduce the risk of developing a peanut allergy.”*

Questions you might bring to your child’s doctor include:

- *“Based on my child’s health and readiness, what timing makes sense for peanut introduction?”*
- *“What form of peanut-containing foods is safe (like peanut butter puree, not whole nuts) for an infant?”*
- *“What signs should we look for after first exposure, and when should we call you?”*

## What This Isn’t

- *This isn’t a guarantee that introducing peanuts early eliminates the risk of peanut allergy. Even the strongest evidence shows reduced risk, not zero risk.*
- *It’s not a one-size-fits-all recommendation. Every family is different. Some parents will decide to follow the schedule as laid out by their provider, others may choose more gradual introduction — both are valid decisions when made thoughtfully with your child’s doctor.*
- *It doesn’t ignore the reminder that when introducing possible allergens, preparation and readiness matter (infant’s development, other health conditions, safe forms of food).*

## Your Role as a Parent

Your role isn’t just to follow instructions. It’s to gather information, weigh it in light of your family’s values and circumstances, and make the decision you feel comfortable with. That’s at the heart of medical freedom and strong families working together with science—not passively.

When you talk with your child’s doctor, bring the mindset of curiosity: *“Here’s what the evidence shows. Let’s look together at how it applies to us.”* That kind of partnership keeps you in the driver’s seat of your family’s health journey while still benefiting from expert guidance.

The decline in peanut allergy rates among children is encouraging. It's a reminder that the medical community does change its advice — and when it does, it's often because of real progress in research and practice. **For you, as a parent, the message is this: Stay informed, ask questions, trust your instincts, and know you are the strongest advocate of your child's needs.**

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### ***Signs of Bullying in Your Child: What to Watch For & How to Help***

When your child is in elementary or middle school, bullying can feel subtle but still leave a big impact. As a parent, you don't have to guess whether something's "just a phase." By knowing common signs, asking the right questions, and building your child's resiliency, you can step into your role as advocate and protector.

#### **Why It Matters**

**Being bullied** isn't just "kids being mean," it's repeated hurtful behavior where there is a power imbalance. Children who are victims of bullying **face higher risk** for anxiety, depression, sleep problems, lower grades, and skipping school. Recognizing it early means you can help your child before the problem gets worse.

#### **Common Warning Signs to Watch**

According to [StopBullying.gov](#), these are some possible indicators your child may be experiencing bullying. (Note: none of these mean bullying for sure, but together they are worth a conversation.)

- **Unexplained injuries or damage to things.** Items like a torn backpack, broken toy, or bruises that don't have a simple explanation.
- **Changes in behavior or mood.** Your child might come home sad, anxious, withdrawn, or say they don't want to go to school or extracurriculars.
- **Physical complaints without clear cause.** Frequent stomachaches, headaches, nightmares, or trouble sleeping may be signs of stress from peer issues.
- **Reluctance to go to school or leaving early.** A sudden drop in participation, refusing to ride the bus, or skipping out may indicate avoidance of bullying.

- **Sudden drop in friendships or social interaction.** If your child used to play with certain classmates and now avoids them or says “nobody wants to play with me,” that could be a red flag.

## How You Can Help Build Strength and Resiliency

It's important to support your child through this while also reinforcing their confidence, connection, and sense of control. As parents, we can't always jump in and “fix” everything. Sometimes the best thing we can do is listen, guide, and help our children build the skills to solve problems on their own.

### **1. Create a safe, open line of communication.**

Let your child know it's okay to talk about hurtful experiences. Instead of asking, “Were you bullied?”(which can feel intimidating) try something like, *“Did anything happen today that didn't feel right? I'm here for anything you want to talk about.”* This opens the door for honesty and gives your child a sense of control over their own story.

### **2. Encourage connection and meaningful activity.**

Strong friendships and interests outside of school help children build a sense of belonging and confidence beyond the classroom. Encourage after-school clubs, sports, or hobbies your child genuinely enjoys, not just because they're “good for them,” but because they expand your child's world and strengthen who they are outside of school.

### **3. Practice problem-solving and empowerment.**

Don't just talk about what *might* happen—help your child feel ready for it.

- Role-play different scenarios together so they can practice what to say and do.
- Remind them they don't have to “handle it” alone — teachers, parents, and friends are safe places to turn.
- Reinforce their confidence with specific praise, like: *“You stayed calm and told me what happened — that took courage.”*

This approach keeps the focus on skills they can use, while showing them that asking for help is a sign of strength.

## Closing Thoughts

Remember: noticing a few warning signs doesn't automatically mean your child is being bullied, but brushing them off isn't the answer either. Your role isn't to fix everything overnight, but to guide, listen, and keep your child anchored in safety and trust.

By staying observant (without hovering), reinforcing your child's strengths, and keeping communication open, you give them the confidence to handle challenges and know they're never alone.

Bullying isn't harmless or inevitable, but it's something families can face and overcome together. With support, connection, and encouragement, kids can bounce back stronger and more confident. Stay present, stay connected, and remember: every hard moment is a chance to help your child build strength and resilience that will last a lifetime.

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## ***The Only Constant in Medicine is Change***

Vaccine guidance changes often — and that can leave parents feeling uncertain. Our latest post on Instagram breaks down why medical recommendations evolve, what “individualized care” really means, and how to make confident decisions without the pressure. Empowered parents don't reject or follow blindly — they ask questions, gather facts, and choose what's right for their family. See how informed decision-making builds trust and confidence in your child's care.

[CHECK OUT THE POST HERE](#)

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## FACT OR MYTH?

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**Schools and experts know what's best for every child.**

**MYTH:** Parents are their child's first and most important teachers. Staying involved in what kids learn (at home and in school) helps them grow with the values and support they need.

*Keep up the conversation!*

Follow us [@adv4healthykids](https://www.instagram.com/adv4healthykids) for useful tips, clear breakdowns on hot-button issues, and encouragement to stay empowered and confident in your role as a key part of your child's growth.

**ADVOCACY  
ACTION**



# Water = Superpower



Focus

Energy

Mood

Try it together:  
Flavor test



**Pick one everyday health topic**, like how much sleep kids need, why drinking water matters, or why movement is essential, and learn about it together. Look up a short article or video, then ask your child what they think helps people stay healthy. It teaches children how to question, research, and think critically, rather than simply accepting what they hear.

## A NOTE FROM DR. DUNNAVANT



Dear Friends,

*If there's one thing every parent learns quickly, it's that change is constant. From your child's first steps to their first school day, and even in the guidance we rely on to keep them healthy, science evolves. What's "best practice" one year might look different the next. That can feel unsettling, but it's also a sign of progress — of a system learning and improving, just like we do as parents.*

*The key is trust. Not blind trust in systems or experts, but trust in yourself. You know your child's personality, habits, and sensitivities better than anyone. When you pair that knowledge with reliable information and an open mind, you become the steady foundation your child needs in a changing world.*

*Adaptability doesn't mean uncertainty. It means giving yourself permission to learn, adjust, and make decisions that reflect both your instincts and new understanding. Whether it's a medical choice or a social challenge your child faces, your presence and curiosity matter more than having every answer.*

*So remember, even when the guidance shifts, your love, intuition, and willingness to stay engaged will always be the most constant and reliable part of your child's growth.*

Warmly,

**Siobhan Dunnivant, MD**

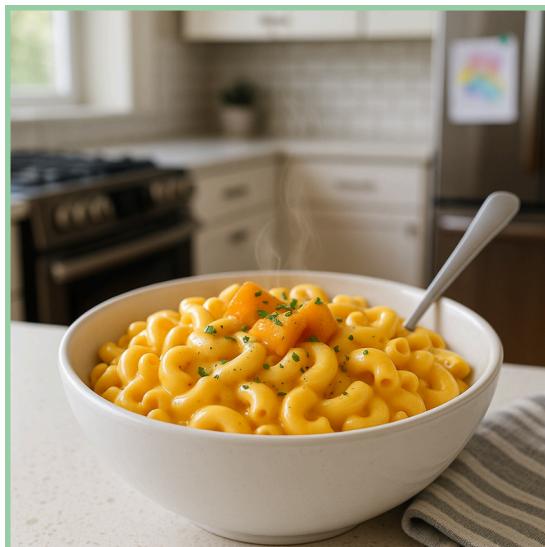
Senior Advisor, Advocates for Healthy Kids

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## EASY SCHOOL NIGHT DINNER RECIPE

### BUTTERNUT MAC & CHEESE

Comfort food gets a fall upgrade with this creamy mac and cheese that sneaks in a serving of vegetables without hiding it. Roasted or steamed butternut squash blends right into the sauce, adding natural sweetness, color, and extra nutrients. It's cozy, easy, and a great way to teach kids that "healthy" and "delicious" can be the same thing.



[DOWNLOAD TO SAVE THIS RECIPE FOR LATER](#)

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## ENGAGE WITH US

*How do you teach your kids to make confident choices — even when everyone around them is doing something different?*

[LET US KNOW HERE](#)

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## KEEP IN TOUCH

Follow Advocates for Healthy Kids for quick tips, fun updates, and real talk from fellow parents and our founder, Dr. Dunnivant. Get involved and help us keep our children safe and healthy!



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