

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.**

THE LATEST

A Holiday Pause: Finding Joy in the Little (and Loud) Moments

As the turkey timer ticks and the calendar fills, it's easy to sprint through the holidays instead of savoring it. This year, consider a gentler pace: slow down, be present, and notice the small, ordinary moments with your kids—the ones that add up to a family story. Some moments will be quiet and cozy; others will be sugar-fueled and chaotic. ***All of them are worth being thankful for.***

Why Presence Matters

When we carve out unrushed time together, kids feel anchored—seen, heard, and safe. Simple rituals like cooking a side dish together, setting the table, or taking a walk after dinner build connections and make memories. None of it has to be perfect to matter.

Gratitude, Made Simple

Gratitude isn't about picture-perfect place settings; it's a mindset that helps us notice what's good, even on imperfect days. Weave it into ordinary moments:

- The quiet: a child reading under a blanket.
- The busy: cousins racing around the yard.
- The messy: flour on little hands, a lopsided pie, laughter in the kitchen.
- The real: tears, tiredness, and making up after a dinnertime debate.

Tiny Traditions, Big Memories

Traditions don't need to be elaborate to be meaningful. Try one this year:

- **Gratitude place cards:** Set an index card at each plate and jot one thing you love about the person on your left.
- **Recipe story time:** While you cook, tell the story behind a favorite dish; who taught you, what went wrong the first time. Kids love origin stories.
- **The helpers' bowl:** Put small chores on slips of paper like making the place cards, putting napkins on the table, or helping bring dishes to the kitchen after the meal, and let kids draw a job. Ownership keeps the mood light and takes some of the pressure from you.

A Gentle Reminder About Expectations

Kids will spill. Pies will crack. Plans will change. None of that reduces the meaning of the day. Often, the imperfections become the favorite stories: the year the rolls burned, the time you forgot to defrost the turkey, the toddler in a superhero cape at dinner. **Presence doesn't require perfection; it just asks for attention.**

The Gift Our Children Remember

Years from now, our kids won't remember which dessert looked the best or whether the napkins matched. They'll remember how it felt to belong—to be invited into the rhythm of family life, to be asked their thoughts, to run in the cold with pink cheeks and warm hands, to be gathered close for a blessing before the meal.

This holiday season, let's take time to appreciate *being together*.

Notice the tiny moments and the wild ones, the calm and the chaos, **and call them good.**

In the noise of the world, may home be where our children are known, guided, and loved—and where gratitude isn't just something we say, but something we practice, **one small moment at a time.**

When Headlines Flood Your Feed and Experts Disagree...

When experts disagree, you don't have to pick a side — pick a process.

Head to our Instagram for five steps to make confident, case-by-case decisions around some of the most hot button parenting issues today.

Also, check out our [**Resources Page**](#) for a good starting point on your research journey.

CHECK OUT THE INSTAGRAM POST

Busy days happen, and that's exactly when our kids need to hear the basics out loud:

“I’m proud of you.”

“I’m here for you.”

“I love you.”

Research shows short, steady affirmations strengthen secure attachment, lower stress, and build a growth mindset—making it easier for kids to regulate emotions and learn.

Small words, said often, make a big difference. **Consistency beats perfection.** ❤️

IT'S OKAY TO
MAKE MISTAKES.
MISTAKES HELP
US GROW.



I LOVE
SPENDING
TIME WITH
YOU.

I'M HERE
WHEN YOU
NEED ME.

I BELIEVE
IN YOU.

YOU DON'T
HAVE TO BE
PERFECT TO
BE LOVED.



I LOVE YOU.



THANK YOU FOR
YOUR HELP.



I SEE HOW
HARD YOU'RE
WORKING.

YOU MAKE
OUR FAMILY
BETTER.



I LOVE
BEING YOUR
PARENT.



things your kids need to hear you say

I'M PROUD OF YOU.



YOU'RE A
KIND FRIEND.



[CHECK OUT THE INSTAGRAM POST](#)

FACT OR MYTH?

FACT OR MYTH?



Playing outside in cold air causes colds, so kids should stay inside on chillier days.

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**



Service Countdown

(10 Days)

Pick one act each day (5–15 minutes.)

Day 1

We served by

.....

Day 2

We served by

.....

Day 3

We served by

.....

Day 6

We served by

.....

Day 4

We served by

.....

Day 5

We served by

.....

Day 6

We served by

.....

Day 9

We served by

.....

Day 10

We served by

.....

Day 11

We served by

.....

Day 12

We served by

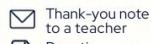
.....

Day 10

We served by

.....

Idea Bank



Thank-you note to a teacher



Doing all of my chores



Helping to cook dinner



Donating canned goods



Shoveling a neighbor's driveway



Calling grandpa

Create a 10-day “Service Countdown” with your kids. A simple calendar of small, doable acts like writing a thank-you to a teacher, donating canned goods to a local pantry, shoveling a neighbor’s walkway, or making cards for your local nursing home.

Let your child choose one act each day and keep it simple (5–15 minutes). You’ll model empathy, teamwork, and community spirit while turning holiday busyness into purposeful family time.

A NOTE FROM DR. DUNNAVANT



Dear Friends,

Between Thanksgiving and Christmas, life fills up fast—concerts, school events, travel plans, late-night wrapping, early-morning coffee. In the middle of all that motion, here’s a simple reminder: your presence is the gift your kids will remember most.

It doesn’t have to be elaborate. A slow dinner with phones in a basket. Ten quiet minutes reading by the tree. A walk to see lights around the neighborhood. Flour on little hands while you bake cookies together for the holiday party. These ordinary moments are the ones that stitch this season into their memory.

Some days will be loud and messy. That’s okay. Sit close. Make eye contact. Say the small things out loud—“I’m proud of you,” “I love that you’re my kid.” Let them help with the little jobs and join you in the rhythm of home. It all counts.

If plans change, if the pie cracks, if bedtime runs late—breathe and keep going. Your calm is their

comfort. Your attention is their anchor.

Wishing you a season of simple joys and a gentle pace where you can find it, and the kind of togetherness that lingers long after the lights come down.

Warmly,

Siobhan Dunnivant, MD

Senior Advisor, Advocates for Healthy Kids

EASY SCHOOL NIGHT DINNER RECIPE

NO-BAKE 'GINGERBREAD' ENERGY BITES

A cozy, cookie-like snack that fuels busy afternoons and post-sledding warm-ups—no oven needed. Warm gingerbread spices, a touch of honey or maple, and pantry staples come together in minutes. Great for lunchboxes and make-ahead snacks.



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

ENGAGE WITH US

What's one simple thing you do every year that's become a special family tradition?

[LET US KNOW HERE](#)

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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