



## 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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## A NOTE FROM DR. DUNNAVANT



*Dear Friends,*

***Happy Mother's Day*** 🌸

*I've had the privilege of raising four children and spending 30 years walking alongside women as they become mothers, and then grow right along with their families through every high and low, every joy and heartbreak.*

*To me, motherhood at its core is one of the purest forms of goodness and selflessness.*

*It's exhausting. It can be demoralizing. It stretches you in every possible way. And yet, it is also the most enriching, humbling, and beautiful experience we get to share. Because while every story is different, there is something deeply unifying about being a mom.*

*Generations of mothers... all holding the line.*

*I hope when you wake up on Mother's Day, and every day, you remember the joy in your children's faces. Even if you fell asleep the night before worried sick on their behalf. That's part of it too.*

*Motherhood is fortitude you didn't know you had. It's finding ways to replenish yourself — with creativity, tenderness, discipline, and grace. It's letting them stumble, even when it's hard, and being right there when they need a hand.*

***You've got this.***

*Don't get lost in the hard parts. Turn the page and remember the beauty: you are helping shape a whole new human being, and helping them find their place in the world.*

*And when you kiss your child, especially when they're little... it feels like touching something holy. Every mom knows that moment.*

*It's right to pause and appreciate mothers, though it's a bit ironic it comes in May, when life feels like a full sprint in every direction. School events, celebrations, obligations... sometimes it feels like "Mother's Month" instead of a day.*

*But even in the chaos, take a moment. You are doing something extraordinary.*

*Happy Mother's Day* 

*Warmly,*

***Dr. Siobhan Dunnavant, MD***

*Senior Advisor, Advocates for Healthy Kids*

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**FACT OR MYTH?**

## FACT OR MYTH?



**Parental instinct is emotional, not medical, and pushing back during a wellness visit makes you a difficult patient rather than an engaged one.**

### Keep up the conversation!

Follow us [@adv4healthykids](https://twitter.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**



## The Appreciation Round



### The Appreciation Round

Most dinner conversations stay on the surface — how was your day, what did you eat, did you finish your homework. This one goes a little deeper.

Go around and have everyone answer one question: Who is someone, inside or outside this family, who showed up for you this week, and how?

It doesn't have to be a big moment. A friend who listened. A teacher who noticed. A sibling who helped without being asked.

**The goal is simple:** get your kids in the habit of paying attention to the people around them, and putting words to it out loud. Gratitude is a muscle. The more you use it, the more natural it becomes.

And the more your kids practice noticing how the people they love show up for them, the better they get at showing up for others.

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## THE LATEST

### Your Doctor, Your Family, Your Call

More parents are asking harder questions. More moms are doing their own reading before they walk into an appointment. More families are showing up prepared, ready to have a real conversation with their child's doctor. That's not a problem. That's exactly how this is supposed to work.

The distrust that has grown toward medical institutions didn't come out of nowhere. It came from real experiences like rushed appointments, dismissed concerns, and in some cases, policies that crossed a line most Americans hold sacred — the freedom to make decisions for yourself and your family without the government making them for you.

That's not a fringe position. It's a deeply American one. And when that line was crossed during the pandemic, families noticed. The questions that followed were a natural, reasonable response.

### Skepticism is Healthy. Isolation Isn't.

Questioning institutions is not the same as abandoning expertise altogether. The goal was never to stop trusting medicine, it was to stop trusting it blindly. And there is a real difference.

Doing your homework matters. Reading the actual data, going to primary sources, understanding what's being recommended and why, is how you walk into an appointment with confidence instead of anxiety.

Good places to start: the [CDC's Vaccine Information Statements](#) break down the data behind each vaccine. [Manufacturer inserts](#) list every ingredient. [Your state health department](#) outlines what's required versus what's simply recommended. And [our Resources page](#) pulls together credible, easy-to-navigate information in one place so you're not starting from scratch.

The goal isn't to arrive at a predetermined answer. It's to arrive at your answer. One you've thought through, one that fits your family, and one you can stand behind.

### **What a Good Doctor Relationship Looks Like**

It's a conversation. A clinician who knows your child's history, who takes your concerns seriously, who helps you think through real risks and real benefits for your specific kid — that's the relationship worth investing in.

When you come in prepared, that relationship gets better. Your questions aren't a burden, they're an asset.

The best outcomes happen when parents and clinicians are working together, not when either one is operating alone.

### **You Know Your Child Better Than Any Guideline**

No schedule, headline, or blanket recommendation fully accounts for your child the way you do. A good doctor knows that, and they want you at the table.

So do the reading. Ask the hard questions. Find a provider who welcomes them. And make the decision that's right for your family with confidence, not fear.

**That's what this is really about. Not distrust. Not defiance. Just parents taking their rightful place in their child's care.**

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### **The Lessons That Stick Aren't the Ones You Plan**

Nobody sits down and teaches a child how to handle disappointment. Or how to own a

mistake. Or how to push through something hard even when they don't feel like it.

Those lessons happen in the small moment — at breakfast when something goes wrong, in the car when plans fall apart, at the dinner table when the day didn't go the way anyone expected.

That's not a gap in parenting. That's where the real work happens.

### **Responsibility Isn't a Lecture. It's a Habit.**

Kids don't learn responsibility by being told to be responsible. They learn it by being given things to be responsible for, and by experiencing what happens when they're not.

That might mean letting your seven-year-old pack their own backpack and dealing with the forgotten homework themselves. Or letting your teenager figure out how to fix a social situation without you stepping in to smooth it over. Small moments, real stakes, real learning.

The instinct to step in is natural. But every time we solve problems for our kids instead of with them, we take away a chance for them to build confidence in their own ability to figure things out.

### **What Resilience Actually Looks Like**

Resilient kids aren't kids who never struggle. They're kids who have learned through experience that struggle is survivable.

That happens when parents stay calm during hard moments instead of panicking. When they validate the feeling but don't remove the challenge. When they say "that sounds really hard — what do you think you should do?" instead of immediately offering a solution.

It's one of the hardest things to do as a parent. It's also one of the most important.

### **The Routine Is the Point**

You don't need a special program or a scheduled lesson to raise a responsible, resilient kid. You need consistency — the same expectations, the same calm response to failure, the same encouragement to try again.

Chores that actually matter. Follow through on consequences. Letting them sit with boredom long enough to figure out what to do with it.

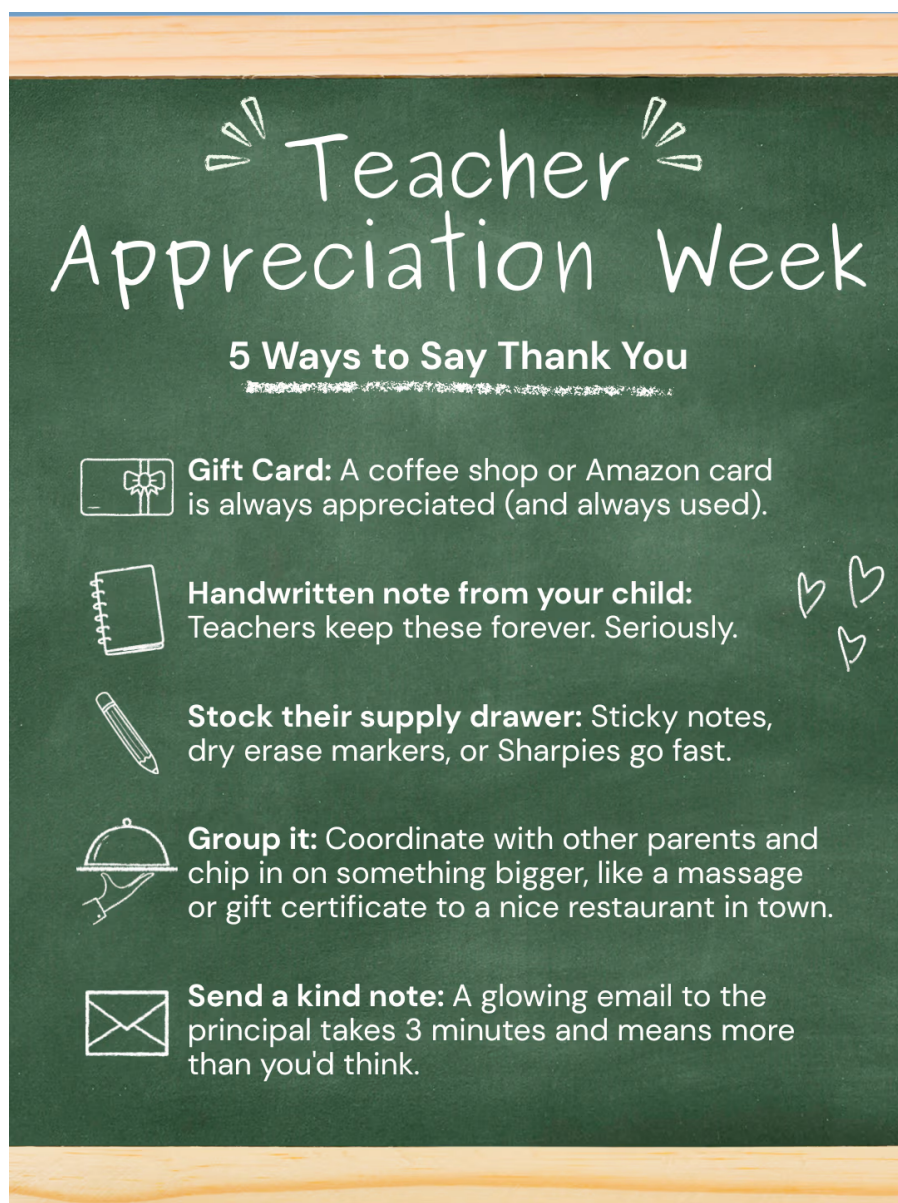
None of it is glamorous. But that's exactly why it works. Resilience is built in the ordinary moments, not the extraordinary ones.

## They Follow Your Lead

More than anything you say, your kids are watching how you handle things when they're hard. How you respond to frustration. Whether you quit or push through. How you treat people when you're tired or stressed.

That's the lesson worth teaching — not in a classroom, but in the way you live your day. And it doesn't take a curriculum. **It just takes showing up consistently, as the kind of person you want them to become.**

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[CHECK OUT THE INSTAGRAM POST](#)

🍏✎ **Teacher Appreciation Week is May 5–9, and it sneaks up every single year.**

Teachers are one of the most important partners we have in raising our kids.

They see our children for hours every day, notice things we might miss, and show up even on the hard days.

A little recognition goes a long way. And it doesn't have to be elaborate or expensive to feel meaningful.

That principal email idea? It costs nothing, takes minutes, and can genuinely make a difference in a teacher's day and career. ❤️

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## FROZEN YOGURT BARK

**The after-school project that doubles as dessert.**

This one is as much an activity as it is a recipe. Hand the toppings to your kids and let them go — the results are always a little chaotic *and* delicious. Greek yogurt gives it a protein boost, the fruit keeps it fresh and seasonal, and the freezer does all the hard work.



**DOWNLOAD TO SAVE THIS RECIPE FOR LATER**

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## ENGAGE WITH US

### How prepared do you feel walking into your child's well visit?

- *I wing it every time*
- *Somewhat prepared*
- *I usually have questions ready*
- *I come in with a full list & I'm not apologizing for it*

SHARE YOUR EXPERIENCE

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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. Dunnavant. Get involved and help us keep our children safe and healthy!



Paid for by Advocates for Healthy Kids

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