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HealthyChildren.org

What it is: Your pediatrician's advice, but online. Created by the American Academy of Pediatrics, you'll find podcasts, a monthly newsletter packed with kid-health tips, and a "pediatrician in your pocket" texting service for quick updates on kids' health.

Best for: Parents who want answers they can trust without searching twelve tabs.

Where to follow:

@HealthyChildrenAAP on IG and @HealthyChildren on FB

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The Vaccine Education Center

What it is: Trusted vaccine guidance from the Children's Hospital of Philadelphia. They explain every major kid vaccine—plus teen, pregnancy, and adult vaccines—in calm, clear language that's actually easy to read.

Best for: Parents who want solid answers about their child's vaccines (and their own) without digging through scientific papers.

Where to follow: The monthly Parents PACK newsletter breaks down vaccine news for families. The free "Vaccines on the Go" app puts quick facts and FAQs on your phone.



Vaccinate Your Family

What it is: A national nonprofit dedicated to giving families science-based vaccine information in English and Spanish. Explainers are short, readable, and built for busy families.

Best for: Parents who want quick, trustworthy answers.

Where to follow:

@VaccinateYourFamily on IG and FB
@VaxYourFam on X



Where parents can get accurate health info *(without the rabbit holes)*

Being a parent means making a hundred decisions a day. Sorting out health info shouldn't be the hardest one.

If you want answers from people who actually know what they're talking about, start with these five reliable sources.

Bonus: We've highlighted exactly where to follow them, whether you prefer quick IG posts, helpful newsletters, or expert podcasts.

FamilyDoctor.org

What it is: Practical, no-fluff vaccine guidance for the whole family—from toddlers to teens to grandparents—created by the American Academy of Family Physicians. Includes easy FAQs, printable talking guides, and short videos.

Best for: Parents who want "what do we do next?" guidance they can use right away.

Where to follow:

@FamilyDoctorOrg on IG and @FamilyDoc on FB and @FamilyDoctor on X



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The American College of Obstetricians and Gynecologists (ACOG)

What it is: The professional organization behind OB-GYNs nationwide. Breaks down guidance in simple, practical language—no medical jargon or scare tactics.

Best for: Parents who are pregnant, trying to get pregnant, or caring for a newborn.

Where to follow:

@ACOG_org on IG and @ACOGNational on FB

