

Follow pediatricians for trustworthy content on children's health

As you read up on things that affect your child's health, you may come across false rumors or outdated ideas—especially on the internet and social media. It's important to find trustworthy, up-to-date information. That can be hard when the internet and social media can elevate falsehoods and products that claim to improve kids' health. Pediatricians, on the other hand, chose their demanding profession because they care deeply about children and families. Here are some pediatricians, medical researchers and children's health experts the American Academy of Pediatrics trusts to be accurate and honest and to speak from a place of caring for kids.



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It would be nice if false ideas about children's health came with warning labels—but until they do, make sure to check out your sources of information. If you don't already recognize or trust the original source of content, treat it with caution. You can always talk with your child's doctor if you hear things that sound scary or suspicious or just make you want to learn more. The American Academy of Pediatrics—a nonprofit, nonpartisan organization founded in 1930—brings pediatricians together to update their knowledge and work on improving children's health and health care.

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