

Having trustworthy information about your child's health and development is essential. HealthyChildren.org, created by the **American Academy of Pediatrics**, provides evidence-based guidance to help you make informed parenting decisions.



Resource *Spotlight:* HealthyChildren.org

What You'll Find on HealthyChildren.org

- **Age-Specific Guidance:**
Tailored information for each stage of your child's growth—from prenatal to young adult.
- **Health & Safety Tips:**
Advice on immunizations, nutrition, sleep, and injury prevention to keep your child healthy.
- **Emotional & Social Development:**
Insights into your child's emotional milestones and how to support their mental well-being.
- **Media Use Guidelines:**
Strategies to help your child develop a healthy relationship with screens and digital media.
- **Nutrition Advice:**
Tips on balanced diets, dealing with picky eaters, and understanding food allergies.
- **Safety & Prevention:**
Information on creating a safe environment at home, at play, and during travel.

HealthyChildren.org offers trusted, expert-reviewed content developed by pediatricians and child health specialists. Its user-friendly design makes it easy to navigate by age group and topic, allowing parents and caregivers to quickly find the information they need. The site is regularly updated to reflect the latest pediatric guidelines and research, ensuring families have access to current and accurate advice. Additionally, some resources are available in multiple languages, making the site accessible to a broader audience.

By actively supporting your child's emotional well-being, you're laying the foundation for a lifetime of resilience, confidence, and connection. **Reach out to the EAP or visit [EAP4YOU.com](https://www.eap4you.com) to learn more.**