

EveryParent Special Edition: Keep Your Kids #HealthySafeStrong



Families across Palm Beach County and the country are adapting to the changes in daily life caused by the health crisis. School closures, working remotely, virtual learning — it's a lot for parents and caregivers to navigate while having kids at home 24/7. That's why **EveryParent** is here to help keep your family healthy, safe and strong through these tough times. From childproofing tips to cooking safety, **EveryParentPBC.org** and the **EveryParent app** are filled with local tips and expert advice to help handle your family's health and safety at home during these challenging times.

See our **EveryParent** articles and other virtual resources below for local tips, expert advice and online resources to keep you and your family healthy, safe and strong.

Please note: To access the complete article, please sign up to create your FREE EveryParent account!

Items below may change with COVID-19 updates in Palm Beach County.



How to keep your home safe when you're all stuck inside

In this article, you'll find answers to questions like: 1. How do I childproof my home? 2. Who can give quick poisoning safety advice? 3. What are other pitfalls? You've prepared your family for a lengthy crisis that calls for staying at home,...

[Read more
www.everyparentpbc.org](http://www.everyparentpbc.org)



How to transform your kids into little chefs - safely

In this article, you'll find answers to questions like: 1. How do I cook safely with young kids? 2. What are tips for teaching teens? 3. Is my kitchen as safe as it can be? When your family is stuck at home sheltering in place, cooking together...

[Read more
www.everyparentpbc.org](http://www.everyparentpbc.org)



School nurses: Want your kids to stay healthy? Tell them ...

In this article, you'll find answers to questions like: 1. How to prevent illness? 2. How long should you wash your hands? 3. Should sick children attend school? Even if you're ensuring your children exercise, sleep enough and eat well, those...

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Health Emergencies - Sesame Street in



NAMI Connection Zoom Group



Mental Health and COVID-19 -

Communities

Your care and support can make a huge difference in the life of a young child. Sesame Street is here for you with activities and tips for the challenges and joys along the way.

[Read more](#)
sesamestreetincommunities.org

NAMI Connection Peer Recovery Support Group
Time: Every Wednesday 2:00 p.m. est Join Zoom Meeting Saturdays Topic: NAMI Connection Peer Recovery Support Group Time:...

[Read more](#)
namipbc.org

Information and Resources

As the number of cases of COVID-19 increase, so does the associated anxiety. For the general public, the mental health effects of COVID-19 are as important to address as are the physical health effects.

[Read more](#)
mhanational.org

Sign up or log in to EveryParent for more expert parenting advice and local resources in Palm Beach County!

Sign up for more expert tips, local resources and information for Palm Beach County families!

[Sign up today!](#)

[Get our emails!](#)

Update: Coronavirus (COVID-19)

During these uncertain times, we are compiling an ongoing list of state, federal and local resources for Palm Beach County families. Stay up-to-date and view these helpful community resources:



Children's Services Council of Palm Beach County and our funded agencies are here for you and your family. Watch this video from our CEO, Dr. Lisa Williams-Taylor, for CSC updates, resources, information and more:

[Coronavirus Updates](#)

[A Message from Our CEO](#)

New videos and articles on the EveryParent app!

The free **EveryParent** app gives you trusted tips, expert advice, and local resources – pushed right to your phone! Whether you're changing diapers or teaching your teen how to drive, the **EveryParent** app has new videos and articles to guide you through those developmental firsts and tricky transitions.

Download the free app, create a family profile and tap into all that **EveryParent** has to offer today!



[Download the app!](#)

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