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Children's Immunity

A person's emotion, psychological and social well-being is crucial to immunity

In times of illness we often look for quick fixes, well unfortunately being healthy comes from being committed long term. Hopefully these quick tips help you on the right path to good health!

Immunity boosting strategies

1) **Mental health.** In times as challenging as we have seen it is imperative, we support children's mental health, as it is fact that mental health results in immune health! At Play to Learn we engage in simple mental health strategies such as, gratitude circles, meditation, intention setting, emotional externalization and identification and strong connections.



2) **Sunlight and fresh air.** Children require access to sunlight and fresh air every single day. Your children should have at least one hour outside in the beautiful sunshine, free of chemical sunscreens, for at least one hour to soak up all that magical vitamin D! Raising Children state children need sunlight exposure to promote strong bone and muscle development.

3) **Nutrition.** We all know the saying an apple a day keeps the doctor away! Simply put, the more nourishing foods we put into our bodies the stronger our immune systems will be. Strong immune boosting foods include, berries, citrus fruits, leaf greens, turmeric, garlic, bell peppers, and seeds. However for that added boost you could try adding in some supplements to their diets too such as, high dose vitamin C, zinc, tissue salts, and licorice root.

4) **Dirt, dirt and more dirt.** Yes that's right, get your little ones outside and muddy! The more bacteria and germs they come across outside the stronger the body will develop it's immune response. Spend as much time outdoors as possible!

Don't be afraid to supplement for that extra immune boost
