

# 8 tips to improve your immune system in the hot season

How to keep your baby healthy in the middle of this harsh summer? Don't forget how to boost your baby's immune system during the hot season!

Hot sun causes the body to become dehydrated, uncomfortable, tired . Summer is the time when children are susceptible to colds, colds, sore throat . most. How to protect baby love in this harsh summer? Please don't ignore the bullet points below!



## How to enhance immunity for children in the summer

### 1. Give your child enough water to fight the heat

Drinking enough water is the most effective way to prevent dehydration and summer heat for children. Children are often active and playful. Especially with the hot weather, the young body will be very susceptible to dehydration and lack of water. Therefore, you need to fully supplement, regulate water for children for hours, give them 1 time every 30 minutes to prevent hot sun and compensate for lost water.



Neither should she because of the child's interest, but let them drink ice water, cold water or carbonated soft drinks because it only causes the body to lose water. Purified water, fruit juice, pure green juice are still the most ideal choices.

## **2. Limit children out when the sun is hot to avoid the heat**



Many moms often mistakenly let children sun exposure to supplement vitamin D every morning. However, mothers should note that children should not be allowed to go out during rush hours from 10 am to 4 pm. Because of this intense sunlight will cause adverse effects on your baby's health and skin. In case you are forced to take your baby out at these hours, let your child use sunscreen, sunglasses, and wide-brimmed hats so that he or she can best protect the child from the sun.

### **3. Offer yogurt daily**



Yogurt is full of beneficial bacteria called probiotics, helping to fight harmful bacteria and viruses. Yogurt also aids in digestion, prevents some intestinal diseases, adds acid to the gastric juice, making it easier to digest food and help prevent some toxins.

**Reference:** How to make yogurt drink cool on summer days

Babies aged 6 months and older can eat yogurt every day for 50g / day. For children from 6 to 10 months, 80g / day. When the child is 1-2 years old, 100g / day if the child is over 2 years old. It depends on your baby's 'appetite', which can be adjusted up and down a bit.

If you want to manually make your baby love the delicious yogurt glasses and ensure food hygiene and safety every day with a little sweet love, you can buy a yogurt making machine right at home. With this product, moms can make homemade yogurt in a simple way without much effort.

#### **4. Enhance your baby's vegetables and fruits**



Fruits and vegetables contain high levels of beta carotene and vitamin C, which boosts the immune system in young children, especially in summer weather.

However, many children are lazy and do not like to eat green vegetables. A secret for moms is to use a blender or fruit juicer to make delicious smoothies, supplementing their daily diet menu. It is also good for babies to eat fresh or puree fruit into a smoothie. In addition, mothers can feed children with fruit and yogurt is also good for the health of the baby.

**See also:** 3 extremely cool tropical fruit smoothies

#### **5. Supplement vitamins and minerals for children**

In addition to giving children plenty of green vegetables and fruits, mothers can also add vitamins and minerals to babies through syrup or fruit effervescent tablets. Children also quite like it! Currently there are many types of multivitamins, you can supplement your baby without much time.

## Refer:

1. How does vitamin C play a role in health?
2. What group B vitamins have "golden benefits" to health?
3. Sunbathing properly to effectively synthesize Vitamin D
4. Should take multivitamins at the best time of the day

## 6. Encourage children to be active



Regular exercise helps your baby stay healthy, more flexible and stimulate the production of immune cells that work freely in the baby's body. Instead of just urging your child to go out and have fun with empty words, parents should work with them to set an example for them. There are many fun activities for the whole family to work together such as walking, cycling, badminton, tennis . or mothers can buy them a pair of roller skates or scooter so they can play with themselves. friend.

## 7. Ensure good sleep



Hot summers, making even adults feel uncomfortable, the more difficult it is for babies to sleep. Lack of sleep causes stress, pressure on the body, stimulates weakening of the immune system, increases the risk of colds.

Many parents let their children use the air conditioner but forgot their baby's body temperature different from adults. In order for your baby not to have flu or to have respiratory diseases when using air conditioner, mothers should pay attention to adjusting the temperature accordingly. Use a humidifier or use a misting fan to provide room moisture, avoid dry skin, dry nose .

The mother may refer to: "Precautions when using air conditioners for young children"

Or the best way to cool and cool summer for families with young children is to use coolers or cooling fans. You can check it out!

## **8. Monitor your child's health regularly**



Regular health monitoring is a must for all mothers with young children, especially in hot weather, this season. If your family has young children, it is inevitable that a thermometer will be missing. Current electronic thermometers using touchless infrared measurement technology will not make the baby uncomfortable, give fast and accurate results so the mother can be assured.

Just keep in mind the above tips that mom can be assured her baby will always be protected even in the hot summer weather like this year. What is more wonderful than my home baby? Stay tuned to our website to update more useful information to take care of your baby's health! Thank you for your interest!

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