

How to prevent diseases for children when the weather is seasonal

How to take good care of children when the weather is in season. The following article will share with your family some ways to prevent illness for children when the weather is in season.

Old grandparents often have the phrase "prevention is better than cure".

For families with young children need to pay special attention to them especially in the period of seasonal transition, the weather changes erratically, the temperature difference between day and night makes the resistance of children Very weak and easy to get sick.

Parents should be aware of some small "tips" for disease prevention and care for their children during seasonal weather to protect their children and families.

1. Supplement vitamin C to prevent flu

1. Top foods rich in vitamin C than oranges



The flu is a disease that children are most likely to experience when the season is over. This is a virus-induced disease and is highly contagious, children are the most susceptible to infection because they are unaware of how to prevent it. So in everyday life as well as in seasonal weather, parents should take care and strengthen vitamin C for children to increase the overall resistance to the body. Scientists have demonstrated that a large amount of

The deficiency of zinc in the baby's body is the leading cause of the decline of the immune system, creating opportunities for viruses to develop and attack the young body causing malnutrition in children. I, digestive disorders, anorexia . So during the seasonal weather parents should pay attention to strengthen the baby's zinc to increase resistance to the body. Especially zinc is dubbed "etching of viruses".

Among the daily diets, mothers should strengthen some of the foods that contain zinc such as oysters, lean meats, pig liver, fish and egg yolk for children.

4. Eat more foods that contain vitamin A



Vitamin A is a vitamin that plays an important role in children's health and development. Like other vitamins that are not provided to the body, the immune system weakens, the ability of the cells to fight off the virus also decreases, making the body more susceptible to severe infections especially the Diseases: Measles, diarrhea and respiratory infections, ear infections that lead to an increased risk of death in young children. And especially recently, vitamin A has been found to increase resistance to other infectious diseases such as tetanus, tuberculosis and cancer prevention. So providing vitamin A is essential for children. Some foods are rich in vitamin A such as green vegetables, the most popular are colored fruits such as carrots, tomatoes, and ripe fruits (papaya, mango) .

5. Sleep on time, enough sleep



Unlike adults, children need a lot more sleep to ensure their health. However, if your child is at school age, you should adjust a biological clock to match the outside environment to make you healthier. In the morning, go out for 5 minutes to really wake up and let your body sunbathe for about half an hour. Two or three hours before bedtime, strong light such as light bulbs or children using the phone should be avoided as they may delay sleepiness and affect children's eyes. The mother should call her to get up at least an hour before school starts and the days when she is off, she should not give her too much nap because when she gets up, she is easily tired.

6. Create a habit of cleaning scientific personnel



Phone, TV control, sneezing to cover your mouth are things that contain many bacteria many times toilets. So parents should give children the habit of washing their hands with clean, proper soap before eating, after going to the toilet. These types of bacteria from the hands are the most dangerous pathogens.

Wishing you and your family good health!

You finished reading the article "**How to prevent diseases for children when the weather is seasonal**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.

