

معاً نعود
TOGETHER WE RETURN

هيئة الشارقة للتعليم الخاص
SHARJAH PRIVATE EDUCATION AUTHORITY



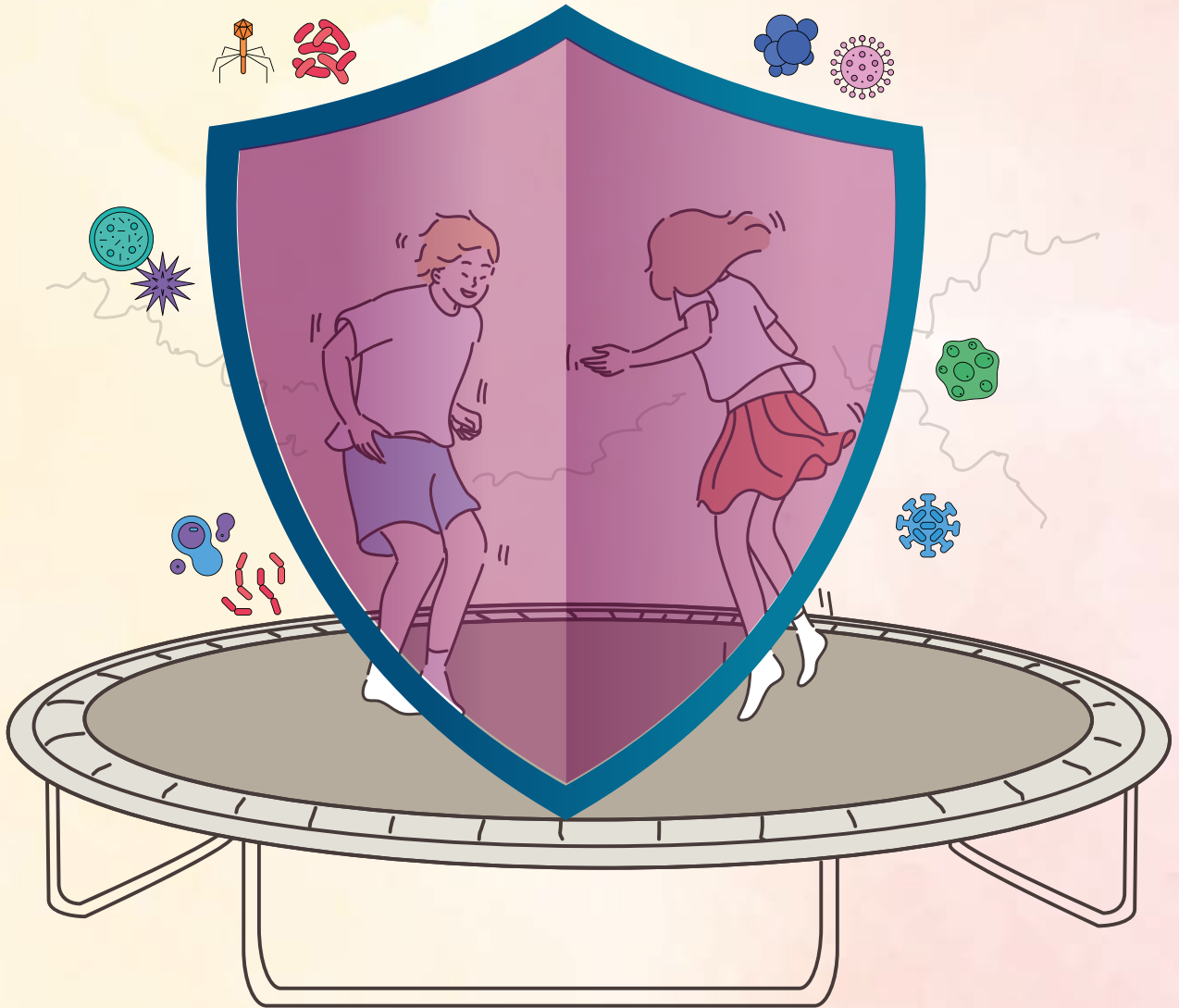
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مجلس الاعلى لشؤون الاسرة
Supreme Council For Family

Boost Children's Immunity



The Health Promotion Department of the Supreme Council for Family Affairs has launched a series of awareness and educating publications in light of Covid 19 targetting students, parents, administrative and teaching staff which included tips and measurements to prevent the spread of Covid 19 virus

التثقيف الصحي
Health Promotion Dept.

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مجلس الشارقة للأسرة
Supreme Council For Family Affairs

Boost Children's Immunity
prepared and produced by
Health Promotion Department
in Supreme Council for Family Affairs in Sharjah
In cooperation with Sharjah Private Education Authority

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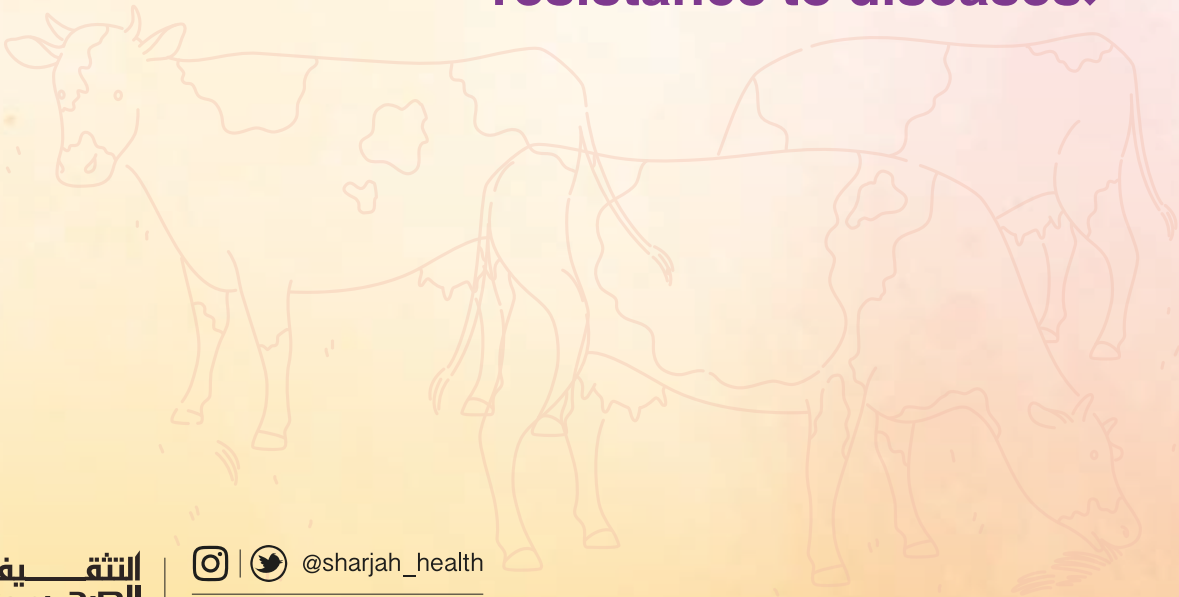


Food to strengthen children's immunity

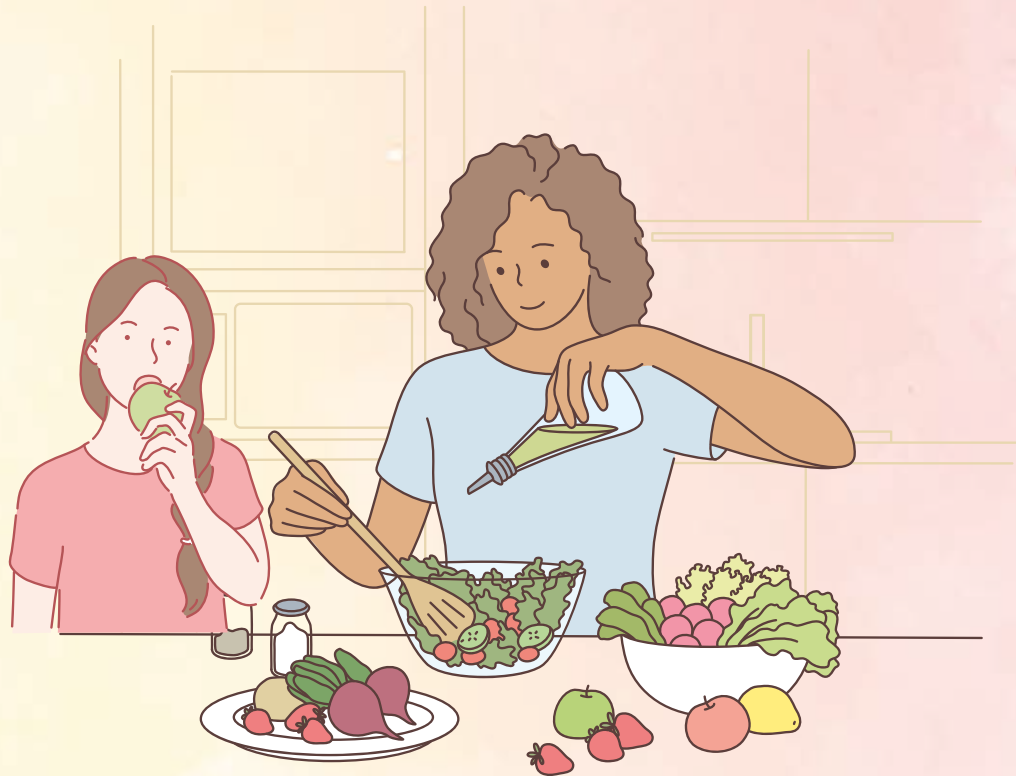


Yogurt

Yogurt contains probiotics, which are nutritional supplements that contain beneficial bacteria that improve the functioning of the digestive system and also improve the functioning of the immune system and resistance to diseases.



Fruits and vegetables

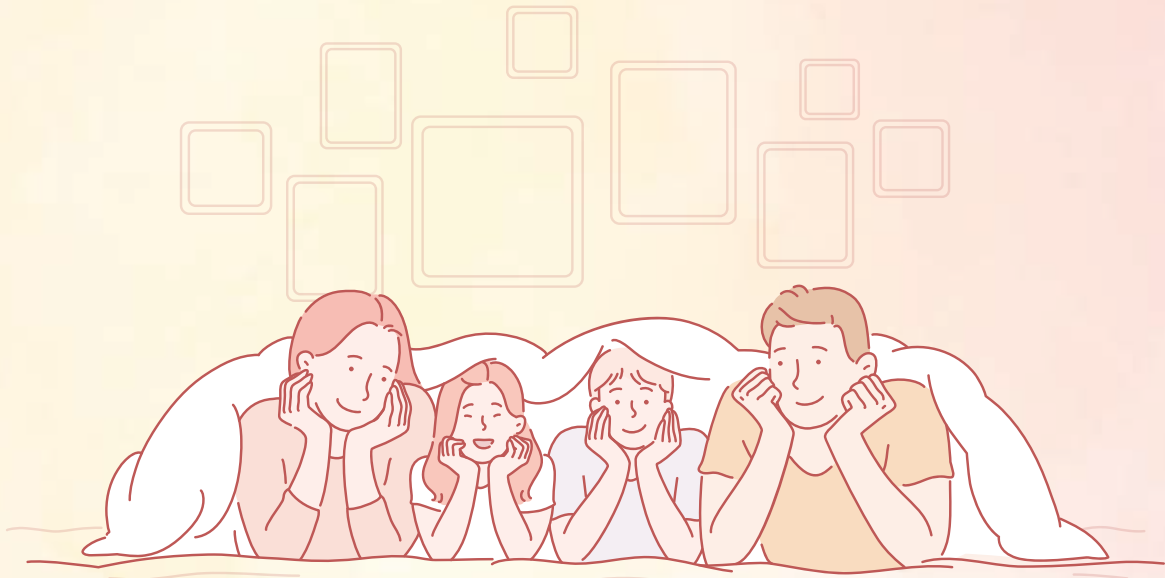


Fruits and vegetables are among the most important foods that help in strengthening the immune system of children, providing the child's body with vitamins and antioxidants and Protecting them against diseases.

Examples: cranberries, strawberries, broccoli and sweet potatoes



Tips to strengthen children's immunity



1. Maintain a healthy sleep for your children



Not getting enough sleep negatively affects the immune system; it reduces the immune system's effectiveness at fighting microbes and cancer cells.

Infants need 16 hours of sleep, and pre-school children need 10 to 13 hours of healthy sleep.

2. Breastfeeding

Breast milk contains natural anti-inflammatories to fight many diseases and strengthen children's immunity.



Some studies have found breast milk to increase health and mental strength, helping to protect against type 2 diabetes, against Crohn's disease and reducing the risk of developing cancer in the future.

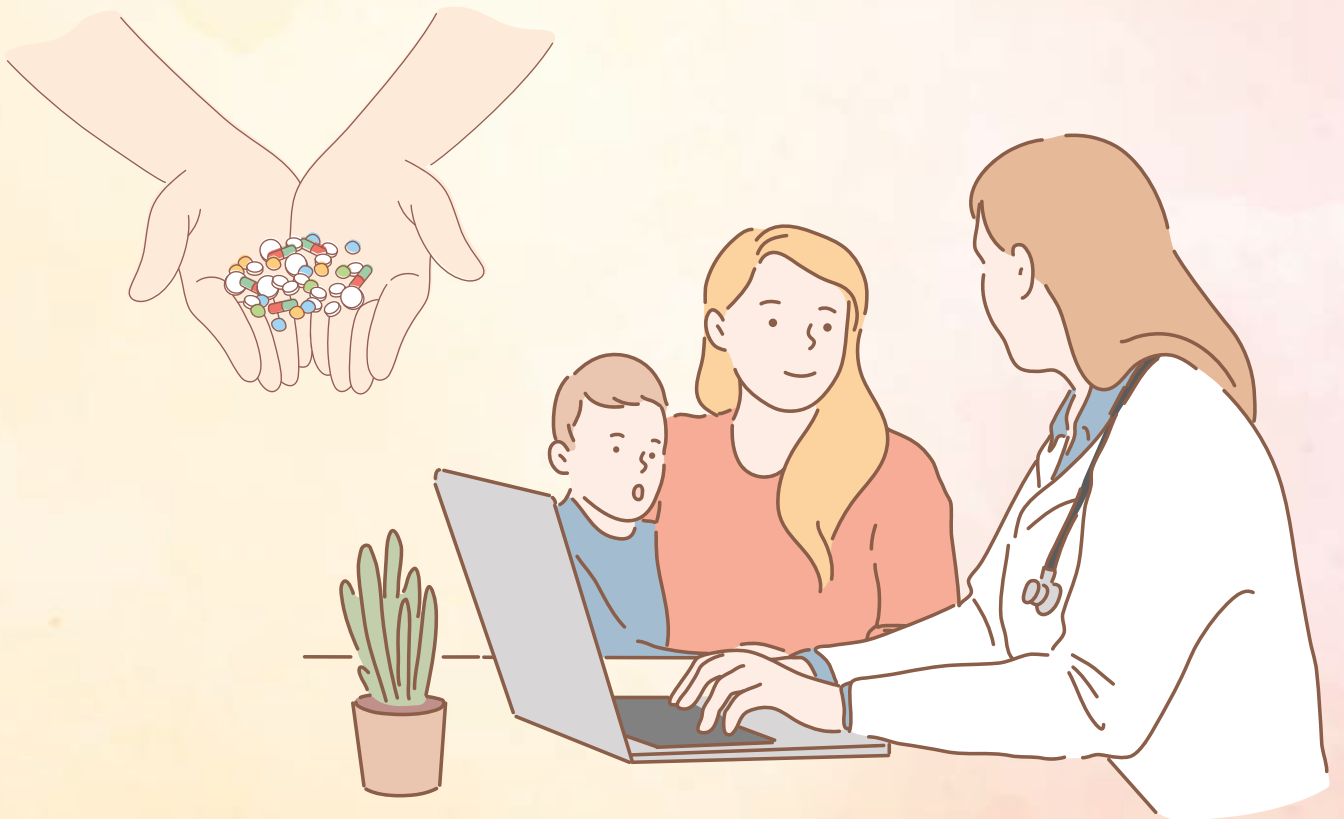
3. Exercise

Your child should be encouraged to play the sport they love, because regular exercise supports the immune system and protects against diseases.



4. Limit the use of antibiotics

The most destructive way to weaken the immune system of children is to use antibiotics without a medical need.





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