

9/18/2020

# 5 ways to help boost your child's immune system

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## 1. Lots of fresh fruits and vegetables and less sugar:

Fresh, whole fruits and veggies provide important nutrients and vitamins, antioxidants and natural immune boosters! Try switching sugary desserts and snacks for oranges or blueberries, or typical snacks with sugar for stevia. Offer your child a few different healthy options for snacks and letting them pick one, this will help them feel like they have more control and will make them more inclined to go for the healthy options!

## 2. More probiotic-rich foods:

Probiotic packed foods can help your child in so many ways! The “good” bacteria found in probiotics help your child’s digestion, immune system, and with constipation. Some snacks to try include: yogurt, kefir (which comes in tons of yummy flavors), and sauerkraut. You could also try probiotic kids gummies for picky eaters!

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### 3. Sleep Schedule

Sticking to a sleep schedule with the same bedtime and wake up time each day helps to establish healthy circadian rhythm and sleep cycle! Sleep is the building block for optimal health, immune function and focus. If your child struggles with sleep, try putting their phones away at bedtime or encouraging them to engage in a screenless activity (such as reading, journaling, praying, drawing, etc.) right before bed to calm the mind + blue light from screens can affect sleep cycle.

### 4. Time spent outside!

Encourage your child to spend as much time outside as possible. The fresh air, exercise, but most importantly, VITAMIN D can help improve immune functioning all year round (even though the sunshine vitamin isn't as strong come winter). Many people are vitamin D deficient which can cause other health issues in children and adults, but vitamin D acts as immune system defenders. Try pausing and swapping some video game or social media time for a family walk, time at the park, outdoor games, bike rides, or dinners on the porch.

### 5. Lots of green food

Green leafy vegetables are FULL of all kinds of health benefits. One of these is a process called methylation that helps with detoxification. Veggies like brussel sprouts, broccoli, kale and spinach have tons of B-vitamins and help your child eliminate toxins from the body. Picky eater? Try adding some bagged spinach or kale to a fruit smoothie- they'll hardly taste it!