

## **Tips to Build Immunity in Children**

### **Healthy Eating**

- Present a diet with a wide assortment of fruits and vegetables.
  - Include a diet with lean proteins, milk, whole grains, and 5 to 7 servings of fruit and vegetables each day.
- Limit foods with high salt, sugar, caffeine, or limited nutritional value.

### **Adequate sleep**

- Make every effort to ensure that your child gets enough sleep, as sleep is vital to building immunity.
- It is helpful to establish a consistent sleep routine to calm your child prior to bed, including:
  - A consistent bedtime
  - Neutral to cool bedroom temperature
  - A dark and quiet sleep room
  - No screen time 30 minutes prior to bedtime
  - Completing calming activities, such as reading or being read to
  - A warm bath

### **Good handwashing practices**

- Before eating
- After toileting/wiping nose and face
- When washing, rub hand surfaces with soap and water for 20 seconds

### **Plenty of exercise**

- 1 to 2 hours of exercise per day, preferably outdoors when possible

### **Cleaning of commonly touched items during times of illness**

- Doorknobs
- Light switches
- Other highly touched items to help prevent the spread of infection