

Keeping your child healthy

Emerald City Clinic would like to remind parents and students that staying healthy in the fall requires some planning. Putting students back in school is fraught with many insults on their immune systems, such as higher concentrations of contagions, lack of sleep, dietary changes, less sun, and more stress to name a few. The following advice might be helpful.

1. **Re-establish good sleep patterns:** During the summer many of our students stay up later and sleep in later, especially our teenagers. Start establishing better sleep habits at least 2 weeks ahead of the start of school. All children up to age 18 need 10 hours of sleep
2. **Plan meals:** make sure breakfast options are available, lunches are planned, after school snacks are organized. The need for protein and vegetables is a must.
3. **Organize your family time:** I have always recommended Sunday night dinner and family meeting to discuss the week's schedule. Providing good boundaries and schedules helps everyone in the family succeed.
4. **Doctor Appointments:** Make sure all "sports physicals" are done and current. Immunization records should be current, or make sure you have the new required "informed consent" signed by your physician if you are opting out of vaccination. For those of you that may not be aware it is now **REQUIRED** to have had a discussion about your choices around immunizations with your physician. Emerald City Clinic has the necessary forms available, and if you contact your physician they will document any immunization discussions for you **OR** suggest you schedule for those discussions.
5. **Plan Ahead:** Make sure all school supplies and study spaces are set up before Labor Day weekend so your student can start fresh.
6. **Encourage physical activity,** this helps both concentration and mood, and encourages the immune system to remain alert and responsive.
7. **Re-establish supplement regimes as they often fall off during the summer.** Remember every child should be on a multiple, omega 3 oils, vitamin D (at least 2000 IU/day), and calcium/magnesium. You might consider a boost in the DHA omega 3 oils as it helps with mental clarity.
8. **Supplements:** Finally, boost the immune system
 - a. Add extra **vitamin C** for older children. The dose depends on the weight of the child; about 500 mg per 50 pounds.
 - b. Provide **Thymactiv** for younger children (age 1-10) - The dose for this medication is a dropperful per day (2-3x/day in an acute illness).
 - c. **Kinder Well** which is a delicious chewable product for boosting the immune system.
 - d. **Probiotics** – healthy gut flora is an important part of the immune system
 - e. Remind children that the best precaution is washing their hands regularly.
 - f. When to give extra support? Prevention vs Treatment
 - g. **Dose is usually weight dependent and condition dependent – be sure to ask your ECC doctor if you have any questions.**
9. **Hints for the holidays:** Reduce sugar intake – it lowers the immune system for 4 hours.



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