



Childcare and Kindergarten Health

Childcare and kindergarten can be a wonderful opportunity for children to learn and grow. Unfortunately it is also a time when children frequently get sick with colds, persistent runny noses and lingering coughs.

There are other not so obvious nasties that they can get, worms and parasites. A child with poor immunity puts stress on the whole family with sleepless nights, fatigue and lost work days.

If you are busy, working and have no time, then you certainly do not have the time and energy to look after a sick child!



So it only makes sense to keep our children as healthy as possible. Something as simple as a good quality multivitamin can give them a great boost, is not expensive and gives you peace of mind that they are receiving adequate vital nutrients.

Effect of Multivitamin/Mineral on Frequency of Illness in Kindergarten Children

37 kindergarten children were given a chewable multi, during the winter period. Only 1 child required antibiotics in this period vs 12 controls (3 on more than one occasion).

When exposed to chickenpox, only 11 of 37 vitamin-treated children contracted chicken pox (usually contagious in over 90%).

The increase in height of the treated children was significantly greater than that for controls.

Effect of preparations combining trace-elements and vitamins on the frequency of illness among children attending kindergarten. *Orv Hetil.* 2001 Feb 11;142(6):283-7

Adding in a good quality probiotic further helps to protect your child from picking up unwanted bugs as well as boosting their immunity. Assessing children at an early age for nutrient deficiencies and treating existing conditions, like asthma, eczema, constipation or loose stools helps to give them the best start to life.

If your child is getting sick often or has ongoing health issues, consider the following:

Health Tests

- Hair Mineral Analysis - for a general assessment of essential minerals as well as possible heavy metal toxicity
- Organic Acid Test - for biochemical weaknesses
- Comprehensive Digestive Stool Analysis - if there are ongoing abdominal issues

Supplements

- A good quality multivitamin/mineral formula
- Omega-3 fatty acids - for proper brain development
- Zinc during growth spurts
- Probiotic - especially if there are abdominal issues


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**Helping children
achieve their full
potential**