

# Surviving the Winter Lurgies

In case you weren't aware, small children are actually tiny little petri dishes full of bacteria and germs and they love cuddles, kisses and touching as many things as possible!

Many people believe that the cold weather is responsible for the uptick in the number of bugs floating around during the winter months but while that may be partially true, the increase is primarily due to everyone spending more time indoors.

So how do you navigate the neverending onslaught of winter lurgies? Here are a few things you can do:



## Keep their hands clean

Up until 2020 I thought we all were washing our hands regularly but the constant reminders over the last few years suggests we were not. Little children, like the nation, need lots of reminders and prompts to wash their hands. Try to make it part of their routines; after playing outside, before each meal, and after they use the toilet. Children by their very nature are much more touchy-feely than adults which is how germs can easily spread.

## Fresh air

Wrap up for the elements and get outside. Fresh air is great for keeping

healthy and improving your immune function. If you can't get out try to open a window to let some fresh air circulate.

## Aim for that 5 a day

Keeping topped up on health boosting vitamins and minerals through fruit and veg is a great way to improve your body's defences. This can be tough if children are on the fussy side so try to sneak them in through smoothies and sauces. It's also a good idea to help boost the family's immune system by supplementing with vitamins as getting enough Vitamin D throughout the darker months can be tricky.

## Prioritise sleep

Try to stick to that bedtime routine as best you can. Being well rested helps to keep our immune systems healthy and helps the body to fight off the bugs and viruses they are exposed to throughout the day.

## Be ready

It's likely someone will get poorly so it's always good to be prepared with the essentials such as a good thermometer, Calpol, Vicks Vaporub and lots of



towels if a sickness bug does strike.

Here at OPP we do all we can to keep the children clean, safe and healthy. Not all symptoms are obvious, but through our regular updates on what illnesses are doing the rounds, we ensure everyone, including our staff, know what signs and symptoms to look out for. Keeping everyone healthy and happy is always our goal.

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