



HEALTH RECORD CHILD IMMUNITY

The immune system protects the body against viruses, bacteria, and other infectious agents. In young children, it continues to mature through exposure to the various microbes encountered in their environment.

Common signs

✓ Repeated ENT infections ✓ Colds ✓ Ear infections ✓ Rhinopharyngitis ✓ Gastroenteritis
✓ Fatigue after infections The frequency of infections is generally higher during the first years of community life.

Factors influencing immunity

- Food
- Sleep
- Physical activity
- Exposure to tobacco
- Stress
- Vaccination
- Gut microbiota
- Nutritional deficiencies

Conventional coverage

Medical monitoring is based on:

Recommended vaccinations

Treatment of infections when necessary

Monitoring growth and development

Investigating for a possible underlying cause in cases of unusual infections

Complementary approaches

A varied and age-appropriate diet, sufficient sleep, a healthy lifestyle and regular physical activity contribute to the normal development of the immune system.

Any supplementation should be discussed with a healthcare professional.

When to consult a doctor?

Consult if your child presents with:

- severe or unusual infections
- repeated infections requiring hospitalization
- a growth retardation
- weight loss
- significant persistent fatigue
- infections that are difficult to heal.

Bellis Wellness Clinic Approach

Our support focuses on assessing eating habits, lifestyle, sleep quality and any nutritional factors that may influence the functioning of the immune system, in addition to the monitoring provided by the pediatrician.

