

Boosting Baby's Immunity As He Grows



Bear in mind though that just because he is older now does not mean that you can relax or pay less attention to boosting his immunity. On the contrary, now more than ever, it is necessary.

From about the age of six months, your baby will start to notice his surroundings and with his newfound mobility, he will be eager to learn and explore the world around him. While this is good, the downside is that as he crawls and creeps his way around, touching practically everything in sight, he is also exposing himself to a world of germs and bacteria that cause illnesses and infections.

DID YOU KNOW?

- **An average toddler can fall sick up to eight times a year just from the germs around him.**
- **Four out of five illnesses are spread by touch alone and some of the germs found in public can actually lead to deadly illnesses.**

The first six months with a new baby is probably the most trying time for any mother because while her body is recovering from the toll of pregnancy and childbirth, she needs to also see to the demands of her

newborn. This can be overwhelming at times but it all pays off because when the initial six months are over, that is when the fun begins!

Now is the time when it gets a little more interesting. Not only is your baby beginning to respond to you, he is also more active and may even be showing off a little bit of his own personality.

Whether or not your child falls ill depends on the amount and type of germs he is exposed to and the strength of his immunity. Fortunately, your baby inherits some immunity from you while in the womb and through the process

of natural childbirth. Antibodies pass from your bloodstream to your baby, providing him with temporary immunity for six months.

To continue to keep your child strong and free of infection, it is important to boost his immunity.

Although the immune system operates throughout the entire body, two-thirds of it is found in the gut.

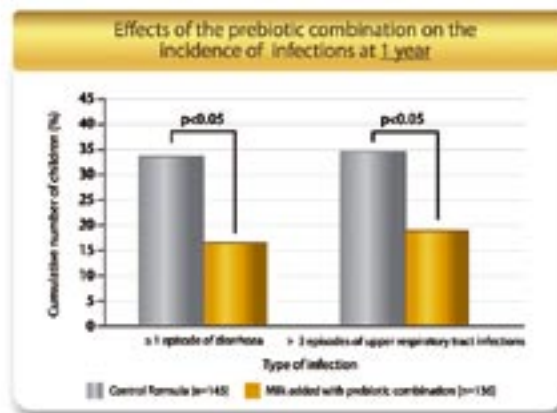
This part of the immune system is referred to as the Gut Associated Lymphoid Tissue or GALT for short. For newborns and babies, the development of the GALT is particularly important, in fact critical, since it makes up a substantial part of their overall defense against the harmful bacteria that surround them.

Breastfeeding can help power up your child's immunity. After all, breast milk contains all the essential nutrients and immunological properties he needs to grow and develop optimally. Particularly important is the presence of oligosaccharides, which are essentially prebiotics or non-digestible food components that improve the food supply in your child's gastrointestinal tract so that beneficial bacteria such as bifidobacteria and lactobacilli that reside there can grow and flourish. In addition to stimulating the growth of good bacteria and suppressing the growth of bad bacteria, prebiotics also help promote a thicker intestinal lining, to form a stronger barrier against the harmful bacteria and allergens that threaten to enter his bloodstream.

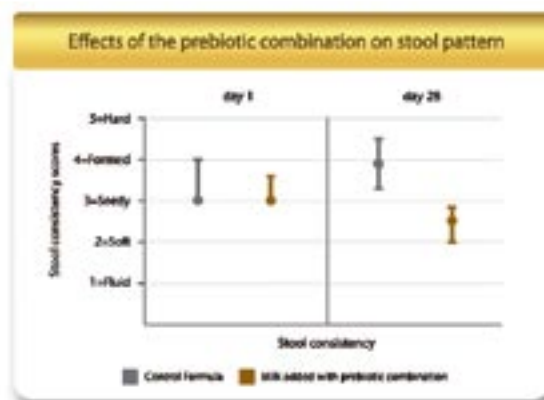
Although prebiotics are found naturally and abundantly in breast milk, they can also be found in other foods that have had prebiotics added to them, such as milk formula. In fact, it has been clinically proven that children who received milk with the unique GOS and LcFOS prebiotic combination have a lower incidence of infections and diarrhoea as well as a more favourable stool pattern in terms of consistency, frequency and pH.

It is important that you ensure your child gets a well-balanced and nutritionally-complete diet rich in vitamins and minerals such as calcium for strong bones and teeth; Vitamin D for calcium absorption; iron for the production of red blood cells; choline for mental functioning and DHA, AA and SA for brain and eye development. It is also vital that you supplement it with food containing prebiotics to help him maintain a healthy gut.

As a parent, you are constantly worrying about your child's safety especially against infections and diseases, but as long as you equip him with a healthy gut and strong immune system. There is little to worry about. Just remember that good nutrition, supplemented with a healthy dose of prebiotics, plays a very important role in his development and has a tremendous impact in ensuring your child's immunity and securing his future health.



Conclusion: Children who received milk with the prebiotic combination have lower episodes of infections at 1 year



Conclusion: Children who received milk with the prebiotic combination have a more favourable stool pattern in terms of consistency, frequency and pH

