How To Manage EASIGUE In Children



Encourage adequate relaxation after intense exercise.



Allow time for fun activities to counter tiredness from schoolwork.



Maintain hydration with water and fruit juices, especially for children in sports.



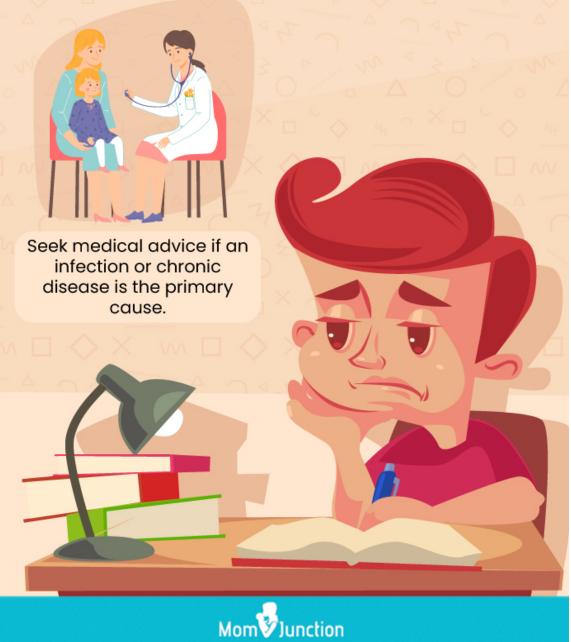
Develop a sleeping schedule to avoid sleep issues.



Ensure sufficient exposure to sunlight for vitamin D.



children with anemia/malnutrition after consulting a doctor.



Mom Junction

Source: https://www.momjunction.com/articles/fatigue-in-children-causes-symptoms-

<u>treatment_00724224/</u>