

# How To Manage FATIGUE 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.



Offer a nutritious diet for children with anemia/malnutrition after consulting a doctor.



Seek medical advice if an infection or chronic disease is the primary cause.

