# Winter Protection for Babies by Harry Yadav

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The season of long coats and woolen clothes is appeared on our door steps and almost every one of us has started preparing for it. The winter season begins generally from the month of November and lasts till February. This season has a beauty of its own. In the morning time we love to feel the warmth of the sunlight. When we were kids, our mom used to rub a whole lot of oil in our body before the bath. Mango is one of the most common fruits that we used to eat in the winter in our childhood days. During this time of the year, most of us plan out our holidays and vacations.

Parents of small kids or babies should really be careful during this time of the year because they are very sensitive and any small change in the weather can cause great harm to their health. The season changing time is the most crucial because of the fluctuation in the temperature. Cold and flu are most common in such a season. Apart from protecting the kids with the heavy woolen cloths, there are various things that we can do protect our little ones.

The most important thing in winter is to keep the baby warm. When the body gets warm, the blood circulates properly through each part of the body. This helps the body parts to function smoothly. But in case of new born babies, we need to be careful that they should get enough space so that they can breathe properly. The winter cloths of the baby should not be very tight or very thick; otherwise they may feel irritation also. For the school going kids, parents should always remember to make them wear woolen inner when they go outside or go to school. This would protect their body from the direct contact with the cold weather.

As parents, we often restrict our kids from going outside during this season. But this should not be done. Our bodies, like plants and trees also require sunlight to maintain a good health. Moreover, it is very important to do proper physical exercise during winter. So, outdoor games should be played by the kids during this cold season. It helps the body muscles work even in the extreme weather. During winter, the parents should prepare a proper diet chart for kids.

Vitamin C is at the top of the list when it comes to winter diets for children. This top immune booster helps the body to produce more while blood cells that fight the infection and also helps prevent the virus entry into the body. Oranges, strawberries, grapefruit, peppers, broccoli, greens, Brussels sprouts and cauliflower are ideal fruits and vegetables for kids in the winter season. Grains, seeds and vegetable oil supply vitamin E, which helps produce cells that destroy germs, bacteria and cancer cells. Provide your child with zinc by serving foods such as oysters, dark turkey meat, beef, beans and crab. Winter season brings holidays and vacations with it. So we need to be prepared for it with our whole family. We must dress the baby's upper body warmly on cold days - don't forget the winter hat, warm sweater, and mittens.

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