



Advices for our children

Where the mother is concerned in the processing and arranging children before going to school, and to preserve the health of our children from disease, so these tips should be cherished by every mother, it is the best kept for our children after God.

1. Handing out a cup of boiled Aniseed to each child to drink it before eating any this first.
2. The child does not go out home until taking his breakfast, so as not getting hunger and be forced to go to the cafeteria and exposure to the huge crowds and the accompanying disease transmission.
3. It is preferred not to give money to children, especially in the first weeks, but bought and processed what they like of juice and food (buying should be as per the request of their children desire and not the desire of parents).
4. Sons should give a small tissue box, and trained how to use it to cover the face and nose in the event that one of the students sneezes or coughs.
5. Children need to define logically the various ways of infection and wisdom and not in a scary way, so as to be wary of the diseases infection.
6. Once the children return from school, the mother must prepare a cup of lemon juice for each child, in order to give them the ability to increase the resistance and the components of vitamin C in their bodies.
7. Try to increase the doses of onion and garlic in the food for children as they win over the body strong natural immunity.
8. Emphasis on children during the school day the following:
 - a. Stay away from the crowd areas, and not compete during the break before the school canteen.
 - b. Should move away from direct air currents.
 - c. Wash your hands carefully and continuously whenever the opportunity arose to do so.
9. Most importantly, do the following: To immunize their children before going to school with the daily morning praises, and to ensure them doing their prayers on time.

We ask God Almighty to preserve our children and the Muslims from all harm and enjoying with a happy Academic Year.

With our sincerely greetings.

