

IMMUNE FUNCTION

What is the skill?

The immune system protects the body from illness while supporting healing and healthy development.

What does normal development look like?

Although children commonly experience infections, a healthy immune system typically responds effectively and recovers without ongoing difficulty.

How does neglect interfere?

Poor nutrition, chronic stress, inadequate sleep, and inconsistent healthcare can weaken immune functioning. Over time, prolonged stress may alter how the immune system responds to illness and inflammation.

What might this look like?

Children may become sick more frequently, recover more slowly from illnesses, or experience recurring infections.

Parenting implications

Supporting immune health includes nutritious meals, adequate sleep, routine medical care, physical activity, and reducing chronic stress through stable, nurturing relationships.

From Understanding to Attunement

A child's immune system responds not only to germs but also to the quality of the environment in which they are growing.