

# Diet And Care Tips For Bruising In Children



## Care tips



- Keep the bruised area (of the body) elevated with the help of pillows for at least a few days.
- Encourage your child to speak about the reasons for bruising (if they know, for example, physical violence).
- Take necessary actions to stop the abuse (if any) to protect your child from further trauma.
- If the pain increases or your child has any signs of infection (accompanied by fever), seek prompt medical care.

## Dietary tips



- Vitamin K deficiency increases the risk of bruising. Include vitamin K-rich foods such as spinach, broccoli, soybean oil, and lettuce.
- Vitamin C helps reduce bruising by strengthening immunity and blood vessels. Include vitamin C-rich foods such as citrus fruits, pineapple, peppers.
- Flavonoids have anti-inflammatory properties and help heal bruises. Include flavonoid-rich foods such as berries, cherries, grapes, and eggplant.

## References

1. Bruises in Children: Care Instructions; Kaiser Permanente
2. Anti-Inflammatory Foods: Injury Healing Through Nutrition; Nationwide Children's Hospital
3. Vitamin K; Harvard University
4. Bruising (Holistic); Peace Health