

How To Manage Dizziness In Children



Instruct your child to leave the bed slowly and avoid sudden position changes.

Keep them adequately hydrated by ensuring they have plenty of water.



Give them an iron-rich diet if they are diagnosed with anemia.

Have your child's blood pressure checked from time to time.



Ensure your child has enough rest and sleep.

Lying down with feet up for some time may help increase blood flow to the brain.



Make sure your child does not miss meals.