

Canadian Doctors Speak Out Protecting your Children from Harm

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Kids and Masks- More Harm Than Good

3. Kids and Masks- Breathing and Other Potential Health Problems

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Masks -Ineffective

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Refuse to put a mask on your child

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<https://takeactioncanada.ca/fire-saundra-reynolds/>

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<https://homeschoolcanada.ca/>

www.homeschool.com/resources/

[Homeschooling is Better with HSLDA! - Find Out More..](#)

www.lifelearning.ca/

[The Canadian Homeschooler: Home](#)

Form Learning pods with local families

[www.nanaimocommunityhomelearners.org/apps/links/.](http://www.nanaimocommunityhomelearners.org/apps/links/)

<https://omhealingcenter.com/education/>

www.vhln.org/links.html

Nutritious food, vitamin D and a good multivitamin every day

[Best Nutrition for Kids: Guidelines, Foods and Vitamins](#)

[7 Ways to Boost Your Child's Immunity](#)

[8 Ways To Naturally Boost Your Child's Immune System](#)

Encourage play and socialization with peers

Daily exercise in the fresh air daily

Keep computer and TV to a minimum

Lifestyle changes can combat depression and anxiety

Make your voice heard

Write to your school board, school principal, politicians, community leaders and sports organizations

Band together and hire a lawyer

Our children deserve to be children again