

Helping Your Child Stay Hydrated

Importance of keeping your child hydrated

Water accounts for 60-70% of body weight. It is our job to keep it this way by staying hydrated. Water is essential for digestion, absorption, maintaining temperature, lubricating joints and muscles, and getting rid of waste products. Keeping your child hydrated will help them avoid dehydration, headaches, and keep their skin looking healthy.

What should children drink?

Water, Water, Water!

Children should drink **water every day!** The amount of water needed will vary with age, gender, exercise level, temperature and humidity. Aim to have your child drink 6 to 8 cups per day of water.



Milk

Aim for 2 to 3 cups of skim, low fat or soymilk every day. Needs vary depending on age.

100% Fruit Juice

Limited juice to $\frac{3}{4}$ cup for 3-5 year olds and 1 cup for children over 5. Dilute juice with water.

Hydrating Tips!

- Provide water throughout the day.
- Always have your child carry reusable water bottles.
- Avoid caffeine-containing beverages, such as soda, tea and energy drinks.
- Dress in light color and lightweight clothes during hot weather.
- When preparing for your child to exercise or play sports have them drink **before, during and after** the event.
 - 1 cup of water before exercise
 - 1 cup of water for every 30 minutes of exercise
 - 1 to 2 cups after exercise
- Teach your children how to monitor their fluid intake by keeping track of how often they go to the bathroom, and by the color of their urine. Dark yellow urine is a sign of dehydration.

How can I keep my child hydrated if they do not like water?

- Try adding ice, lemon, lime, cucumber or strawberries to their water.
- Dilute 100% fruit juice with water or seltzer, or just add a splash to give more flavor.
 - Make popsicles with 100% fruit juice.
- Provide children fruits and vegetables that have high amounts of water!
- Foods such as soup, yogurt, pudding and applesauce all provide water as well.

<u>High water content foods</u>	<u>Water Content</u>
<u>Fruit</u>	
1 cup diced honeydew melon	5.2 ounces
1 medium apple	5.2 ounces
1 cup sliced strawberries	5.1 ounces
1 cup diced cantaloupe	4.7 ounces
1 cup watermelon diced	4.7 ounces
<u>Vegetables</u>	
1 medium whole tomato	4.0 ounces
1 cup slice cucumber	3.9 ounces
1 large celery stalk	2.1 ounces
1 cup broccoli florets	2.1 ounces
<u>Milk and Milk Substitutes</u>	
1 cup skim milk	7.6 ounces
1 cup nonfat soy milk	7.6 ounces
1 cup Lactaid milk	7.5 ounces
<u>Other Beverages</u>	
1 cup 100% juice	7.4 ounces

Source: <http://www.ars.usda.gov/Services/docs.htm?docid=17032>



For More Information

www.safekids.org

search word: dehydration

www.eatright.org

search word: hydrate right
or exercise hydration

Signs and Symptoms of Dehydration

Teach children to pay attention to how they feel, to always tell an adult if they don't feel right and to take breaks from vigorous activity.

- Thirst - the first sign of dehydration
- Dizziness
- Headache
- Irritability
- Infrequent urination or dark urine.
- Vomiting