

# Healthy Hydration

Water is the most essential nutrient. It is part of every cell, tissue, and organ in the body. Water helps to regulate body temperature, filter waste products, carry nutrients, moisturize, strengthens muscles, and prevents constipation. Despite water's important role in everything that our bodies do, it is very easy to forget to drink enough water everyday.

## The Basics:



- Signs of dehydration include:
  - Dry lips, mouth, skin
  - Nausea
  - Dark-colored urine or infrequent urination
  - Constipation
  - Elevated body temperature and or shortness of breath
- Once you feel thirsty, you are already dehydrated. Our sense of thirst does not kick-in until our bodies have lost ½ -1 quart of water.
- Kids are at an increased risk for dehydration because they do not sweat as much as adults so they do not cool their bodies effectively. Also kids tend to forget to drink water until it is too late.



## Getting Started:

- Make cold water easily accessible for kids to grab and go.
- Pack bottled water in your kid's lunch bags to encourage water in place of soda or juice.
- Teach your children to make sure their urination is light in color.
- Hydrate your athletes. Kids participating in sports that require heavy or hot protective gear are highly susceptible to dehydration. Children who become dehydrated while participating in sports can:
  - Lose coordination
  - Lose ability to cool down
  - Run the risk of heat exhaustion and collapse.
    - Enforce drinking of 5 ounces of cold tap water or sports drink every 15-20 minutes for children.
    - For adolescents, provide 9 ounces every 15-20 minutes during activity
- Children between 6 months and 16 years old should get 4 to 6 ounces of fluoridated water every day.
- Children should have 6-8 servings of water each day
  - Children age 2 and under, a serving is half a cup
  - For kids age 3-5, a serving is ¾ cup.
  - For kids 6 and up, a serving is one cup.
- Adults and kids weighing over 100 pounds can divide their weight in half to determine how many ounces of water to drink each day.

