

Hydration 101

Healthy Children and Adolescents



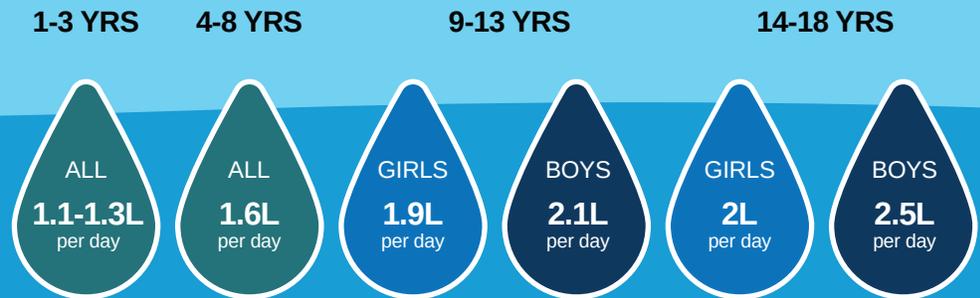
How Much Should Your Child Be Drinking in a Day?

Over 80% of children and adolescents (4-13 yrs) in the UK are not drinking enough fluids.¹

Children and adolescents should aim to get around 6-8 drinks per day. Encourage them to drink throughout the entire day.



Recommended total intake of fluid for children and adolescents - food and beverages both contribute.²



Approximately 150ml-300ml per serving depending on age of child

The Importance of Drinking Water in School

Research shows that children are more alert and find it easier to focus on tasks when they have access to water in the classroom³⁻⁵



Water contributes to the maintenance of normal physical and cognitive function

Let Their Urine Be the Judge

The color of your child's urine can indicate their level of hydration.



If your child's urine is dark like apple juice, they need more fluid.



If it's pale like lemonade, that's a sign of proper hydration.

What if Your Child Does Not Drink Enough Fluids?

Look for these signs and symptoms of dehydration.²



Headaches



Increased
body
temperature



Poor
concentration



Dark urine,
urinating less and
constipation



Dry mouth,
and/or cracked lips



Drowsy, dizzy

The effects of dehydration can start at **1-2% body weightloss** and increasing levels of dehydration can lead to worsening symptoms.²

Tips For Parents and Caregivers⁶



Pair water with food

Serve water with meals and snacks.



Lead by example

Drink water around your kids.



Serve water-based foods

Fruits and vegetables have upwards of 85% water content.



Keep it close-by

Always pack a water bottle in your child's backpack, schoolbag or lunch box.



Make it fun!

Use cool cups, reusable silly straws or add colorful fruit such as berries or a slice of citrus.



Offer water often

Throughout the day, make it a priority to provide water.

When children are physically active, especially in hot and humid weather, make sure your child gets plenty of fluids to help avoid heat-related illness or exercise-induced dehydration.^{6,7}

References:

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4. Drozdowska A., et al. 2020. Nutrients 12(5):1297.
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6. Gibson-Moore, H., 2013. Nutr Bull, 38(2), p.236-242.
7. Bergeron, M.F., et al., 2011. Pediatrics, 128(3), p.e741-e747.