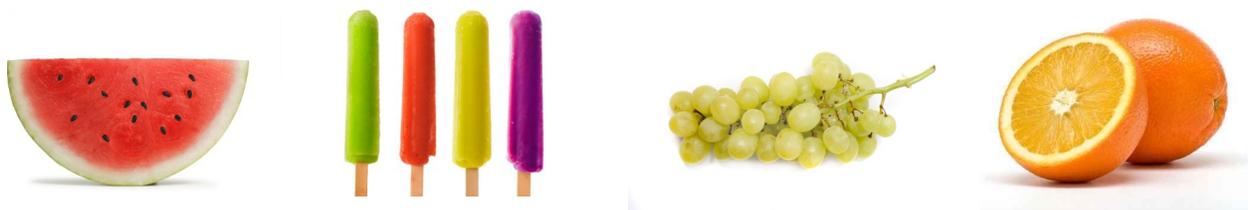


# Healthy Hydration

The weather is warming up, and that means more fun, active time outside! It also means that staying hydrated is especially important. Kids are at greater risk for dehydration because their bodies don't cool down as efficiently as an adult's. Kids also tend to run and play more in the heat, and are less likely to stop and drink.

## Here are few tips to help keep hydrated this summer:

- Offer healthy beverages at every meal and at snacks. Make water bottles readily available in the refrigerator, and encourage kids to drink often.
- Don't wait until kids feel thirsty to offer a drink. Make scheduled hydration breaks, especially on hot days!
- Offer sports drinks as appropriate. Sports drinks should be limited to use during sports or active play on hot days because they are high in carbohydrates and calories. They do provide important electrolytes that are lost from the body during sweating.
- Avoid drinks with caffeine, because caffeine is a diuretic and can contribute to water loss.
- Limit sugary beverages like soda and juice. Offer these as "last resort" hydration after water or low fat milk. Or, consider watering down juice half and half.
- Offer alternatives to beverages that have a high water content. Summertime is full of many water packed treats! Try popsicles, watermelon or frozen grapes! Many fruits are great sources of fluid!



- Eat veggies! Cucumbers, celery, tomatoes and many more veggies are great sources of fluid. In addition to the hydration benefits, they are packed with important nutrition.
- Teach your kids about the importance of hydration!

## How Much Water Does Your Child Need?

**Six glasses per day** is the recommendation from the American Academy of Pediatrics (AAP). During intense activity, water is lost much more quickly. AAP suggests an *additional* 5 ounces every 20 minutes for an 88 pound child and 9 ounces every 20 minutes for a 132 pound teenager. This institution is an equal opportunity provider.