

Wellbeing Poster

As we go into what is reported to be another hot weekend, this week's wellbeing poster looks at Tips for Keeping Children Hydrated in Warm Weather, taken from The [Hug Company.com](http://HugCompany.com)



Keeping Children Hydrated in Warm Weather

When a child or toddler is having fun, it's not always simple to stop them for a drink of water, but it's crucial as children may require more water to stay properly hydrated as a result of spending more time in the sun.

Water is a major component of our bodies, and we require it frequently to keep our health at its best as it transports nutrients, protects organs and joints, and helps to control body temperature.

Additionally, being hydrated offers children the energy and concentration they need for play and learning. Everyday processes like breathing and sweating cause us to lose water, and this water loss is often larger in warmer weather or during more intense physical exercise.

How to recognise a dehydrated child:

Your child might not exhibit any symptoms of minor dehydration. In fact, feeling thirsty is frequently a sign that mild dehydration has already taken place so keep an eye on young children and be conscious of the weather and their level of activity.

The following indicators of dehydration, according to the American Academy of Pediatrics, should be looked out for.

1. fewer or darker-coloured urine samples (fewer wet nappies for babies)
2. drowsy and agitated
3. Absence of tears when crying
4. Dry mouth and lips
5. blotchy skin

Ideal fluid intake would be water or milk, but all liquids count, as do foods like soups, smoothies, and fruit that contains water.

Being Inventive

Serve ice pops as an appetiser.

Ice pops are a tasty way for children to stay hydrated and beat the heat. Choose fruit and fruit-juice-based ones or buy a mould and make some at home.

Create fruit-flavoured water.

Get them a Colourful, Fun water bottle!

Give your child the option of choosing a water bottle in their preferred colour or featuring a favourite character to make drinking water enjoyable. Throughout the day, keep it nearby and filled.

During transitions, provide sips of water.

Transitions are a part of summer days, so take advantage of this! Encourage your child to take a sip of water before starting a new activity, such as when going from playing indoors or outside to eating or drinking snacks, taking a sleep, or starting a new activity.

Give them a straw

For whatever reason, when water is provided with a straw, many people—including children—drink more of it. Take advantage of this by serving drinks with amusing straws. Consider using vivid colours or patterns.

Serve things with a lot of water.

While we consume the majority of the water we need for the day by drinking liquids, eating can also help us stay hydrated. Serve hydration-rich foods, especially on warm days. Along with smoothies and popsicles, excellent alternatives include watermelon, cucumbers, citrus fruits, and berries.

Set a Good Example!

Have you ever noticed how frequently children mimic your actions rather than your words?

Make the habit of drinking water throughout the day a good one by doing it yourself. This will not only help you stay hydrated, but it will also encourage your children to drink plenty of water.

