

Health & Nutrition Sciences

Hydration 101

Healthy Children and Adolescents



How Much Should Your Child Be Drinking in a Day?

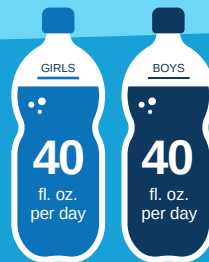
More than half of the children and adolescents in the United States don't drink enough fluids.¹

Children and adolescents should aim to get around 6-10 drinks per day. Encourage them to drink throughout the entire day.

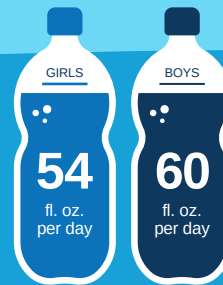


Recommended intake of fluids coming from beverages for children and adolescents.²

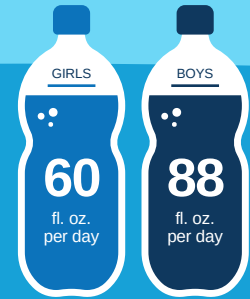
4-8 YRS



9-13 YRS



14-18 YRS



Approximately 6 to 8 fl. oz. per serving

The Importance of Drinking Water in School

Research shows that children become irritable, unfocused, and tired when they don't drink enough fluids.³⁻⁵



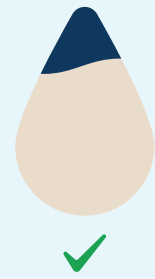
Drinking water helps school performance!

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.

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What if Your Child Does Not Drink Enough Fluids?

Look for these signs and symptoms of dehydration.⁶⁻⁸



Headaches



Easily irritated and frustrated



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 weight loss** and increasing levels of dehydration can lead to worsening symptoms.

Tips For Parents and Caregivers⁹



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, 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 exercising in hot or humid weather or for over an hour, make sure your child gets plenty of fluids to help avoid heat-related illness or exercise induced dehydration.^{8,10,11}

References:

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