

HYDRATION FACTS FOR CHILDREN

The body needs enough fluid to be able to function at its best. Children are at risk of dehydration, especially in hot weather and when they are exercising. By the time they feel thirsty, they are probably already dehydrated, so it's up to parents and carers to make sure they are drinking enough.

CHILDREN NEED TO STAY HYDRATED

Two thirds of our bodies are made up of water. Being dehydrated can cause poor sports performance, tiredness, headaches and crankiness, and it can lead to serious medical problems.

Signs your child could be dehydrated include:

- dizziness or light-headedness
- nausea
- a headache
- dark yellow or brown urine
- dry lips, tongue, mouth or throat

HOW MUCH WATER SHOULD CHILDREN DRINK?

Water is the best hydration choice for children. Steer clear of sports drinks, fruit juices, soft drinks and flavoured mineral waters as they all contain sugar, which can lead to tooth decay.

The recommended daily intake of water for children is:

AGE 3 TO 5:

5 glasses (1 litre)

9 TO 12 YEARS OLD:

7 glasses (1.5 litres)

13 YEARS OLD AND OVER:

8 to 10 glasses (2 litres)

Children need even more water when they are exercising. Your child should drink before, during and after physical activity, even if they aren't thirsty.

TIPS

- Make sure they always pack a water bottle
- Choose water rather than sugary drinks
- Remind them to drink before the game
- Encourage them to have a few mouthfuls of water during any breaks in the game
- Make sure they have a big drink afterwards to make up for any sweat they have lost.