



# Hydration for Kids

Staying hydrated is vital to our health. For children, hydration is more critical and will vary based on age, weight, activity level and climate/temperature.

**To determine how much fluid ounces a child needs daily: Divide a child's weight by 2.** Example: a child weighing 60 pounds needs 30 fluid ounces - about 4 cups daily.

**Dehydration** is when the body loses too much fluid and lacks electrolytes. Children are more susceptible to dehydration because they sweat at a slower rate & their bodies do not acclimate to heat as well as adults.

If a child experiences dehydration, a pediatrician may recommend an oral rehydration solution (ORS) such as Pedialyte®. **For children under age one, continue offering breastmilk or formula and NEVER mix with an ORS.**

## Tips to prevent dehydration in kids:

- Offer fluids before, during and after physical activity or structured play.
- In hot weather, remind children to drink fluids often (even if not thirsty) & take "heat breaks."
- Keep beverages appetizing & fun so kids are enticed to drink fluids regularly.
- Regularly serve high-water fruits/vegetables (melon, strawberries, lettuce, pickles & grapes) and foods with electrolytes (spinach, broccoli, potatoes, strawberries, bananas & avocados).
- If a child is ill, remind them to wash hands often to prevent spreading viruses that lead to vomiting and/or diarrhea which often results in dehydration.

The best beverages for children age 1+ are water, milk and/or 100% juice. **NOTE:** If serving 100% juice, limit to one serving per day. Avoid beverages with added sugar (soda, flavored milk & fruit-flavored drinks).

Rehydrating a child with dehydration should be done slowly if they have been vomiting.