

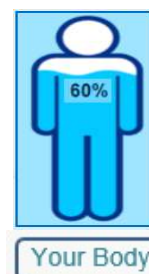


# Healthy Lifestyles: Hydration



Our bodies are made of up to 60% water and it is one of the most natural, healthy beverages that anyone can drink.

Current research suggests that approximately 30-50 % of children under 11 years old drink less than the recommended daily value.



By encouraging your child to drink 6-8 glasses of water every day this will increase their chances of becoming a healthy adult and improve health problems such as continence and poor concentration.

**Tip 1:** Repeated tastings will help your child develop a taste for water. Ask your child to drink a small amount of water before they have their juice or milk.

**Tip 2:** Always give your child a drink with breakfast.

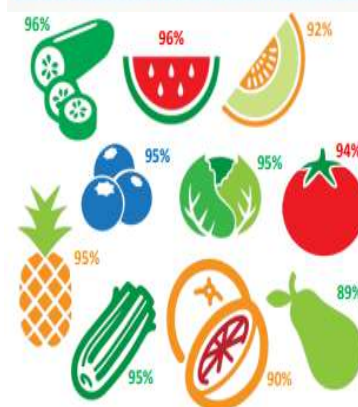
**Tip 3:** Ensure your child has access to water at school and that teachers and guardians encourage regular drinking. Always have water available for trips and outings.

**Tip 4:** Let your child choose their own drinks container or cup.

**Tip 5:** Make it fun; use straws or shaped ice cubes.

**Tip 6:** Set small targets: put markers/targets on the drink container for your child to aim for during the day.

## Foods containing a high % water



Healthy pee is 1 to 3,  
4 to 8 you must hydrate!



**Tip 7:** Substitute drinks with ice lollies, jelly and yoghurts. Remember most fruit and vegetables have high water content some examples of this can be seen in the picture above.

**Tip 8:** Encourage extra fluid when playing sports or when exposed to warm weather as unlike adults, children do not always recognise the early stages of thirst.

An easy way to check your level of hydration is by looking at the colour of your urine. Urine should be a pale yellow in colour with little to no odour. If your urine is dark in colour it would be a good idea to increase your water intake.

## Resources:

Keeping Hydrated Leaflet - <https://www.somersetccg.nhs.uk/wp-content/uploads/2020/05/Hydration-leaflet.pdf>

Water Drinks and Your Health - <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/#:~:text=The%20Eatwell%20Guide%20says%20we,tea%20and%20coffee%2C%20all%20count>