

Keeping Hydrated

Drinking plenty of fluid helps keep us healthy – it keeps our body and brain working at its best!

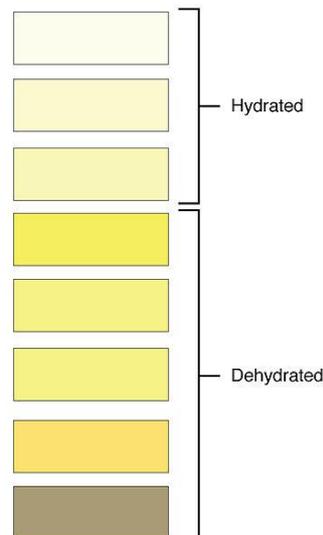
Some children don't know when they are thirsty. They might think this feeling is hunger.

When your child has enough fluid throughout the day, this can help achieve a healthy weight.

What are some of the signs of dehydration?

- dark coloured urine
- constipation
- dry mouth and/or lips
- reduced concentration
- low energy levels
- headaches and dizziness

This urine colour chart shows the colour we should be aiming for. If our urine is dark it is a sign we need to drink more water.



Which food and drinks count?

Water is always the best option. It is calorie free and the best for dental health. Other options we can include are:

- Sugar free diluting juice
- Milk (no more than 1 pint per day)
- 150ml glass of fruit juice (diluted with water)

Here is a guide to the number of drinks we need for our age. Most people need to drink more when they exercise or during hot weather.

Age	Number of drinks per day	
1-2 years		200ml glass At least 4 drinks
2-3 years		200ml glass 5 drinks
4-8 years		200ml glass 6 drinks
9-13 years		250ml glass 6 drinks
Young People and Adults		250ml glass 6-8 glasses per day, or up to 2000 ml