

# SEE AG

## HYDRATION TIPS

### Importance

- regulates body temperature
- keeps organs functioning properly
- improves sleep, cognition, and mood
- lubricates joints
- reduces infections
- delivers nutrients



### Recommendations

4-8 years old - 5 cups  
9-13 years old - 5-6 cups  
14-18 years old - 6-8 cups



### Signs of Dehydration

- thirst
- dizziness or lightheadedness
- nausea
- headache
- dry tongue, mouth, throat, or lips
- limited urination
- urine is dark yellow or brown

### Rethink Your Drink

- Use portable and reusable water bottles.
- Infuse a pitcher with strawberries, lemons, apples, cucumbers, and/or mint.
- Model good hydration habits like drinking water or milk instead of soda, juice, or energy drinks.
- Offer water in fun cups or with silly straws.
- Mark lines on your child's bottle to show how much they should drink by a certain time.
- Keep water handy, offering it to your kids periodically.
- Teach your child to gauge their own hydration status based on their urine, using the chart below.
- Encourage your child to replenish fluids with electrolytes when engaging in physical activity as this causes them to lose extra water.

