

*READ ALL ABOUT IT*

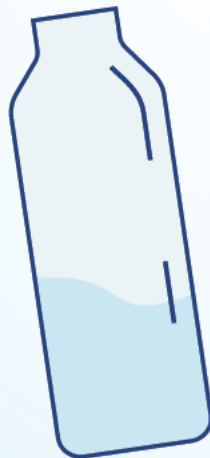
# Keeping Kids Hydrated During the summer months



The sun is shining, the birds are chirping and the kids are spending most of their time outdoors. As the weather heats up, the chances of kids getting dehydrated also goes up. These tips can help ensure your brood is getting the hydration they need, even when they are running wild through the dog days of summer.



Dehydration is when the body loses more fluids than it takes in. If you do not replace lost fluids, you will become dehydrated.



It is very easy for kids to get dehydrated during the hot, summer months. Kids who are active outdoors—whether playing sports or playing on the beach need to remember to drink plenty of water. If not, dehydrated children can face several urological problems, including kidney stones, bladder infections, constipation, and incontinence and urgent and frequent urination.

*READ ALL ABOUT IT*

# Keeping Kids Hydrated During the summer months



A good way to tell if your child is drinking enough is to check the color of their urine. The urine should be pale in color, or clear is even better. If it is dark yellow, the child needs to drink more water. This 'color check' is a simple way for kids to know if they need to drink more water.

## TIPS TO KEEPING KIDS HYDRATED DURING THE SUMMER



**Give them a water bottle:** They are more likely to drink water if it is right next to them. Before they know it, they will find themselves sipping without even realizing it.



**Add flavor to their water:** If your child does not like the taste of plain water, try adding fresh fruit slices of strawberries, lemons or cucumbers. Fruit slices can make for a great tasting water-based drink, which will make them want more.



**Have them snack on fruits and veggies:** Swap dry snacks like chips, pretzels and cookies for water-based fruits and veggies. Celery and peanut butter or cucumbers and green peppers with hummus are a couple of good options.



**Drink the day before:** Hydrating for a day out in the sun or playing a sport should happen the day before, not the day of. Be sure they hydrate at least 24 hours before going to the beach or a soccer game.



**Opt for water:** Avoid sodas and drinks loaded with sugar. These liquids will not help to hydrate your child and in some cases, they will work against your hydration efforts. Keep it simple with water whenever possible.