



## Is Your Child Drinking Enough Water?

### Is your child drinking enough water? And what happens if they don't?

Did you know that children's bodies are composed of around 75% water? This means they have more water in their bodies than adults who have about 65% water. This means they need plenty of water to keep their little bodies running. Water has numerous benefits, as every little cell needs water. It aids in digesting food more effectively, supports organ function and better concentration and focus and also boosts the immune system. It is known that we are more likely to pick up colds and flu viruses when we are dehydrated.

Many times we think we are hungry but we are actually thirsty. Next time you feel like this, have a glass of water and you'll see how you feel perkier and more refreshed and you won't be as hungry as you thought, so you can wait a little bit.

Your body will give you signs you are thirsty, such as dark coloured urine and your mouth drying up. Children, on the other hand, may not be able to tell you directly if they are thirsty or not, and you don't them to feel dehydrated as their energy, concentration and mood may drop and they may also get a headache. Do check your children's urine colour too and ensure they are sipping on water throughout the day.

So how much water should our children be drinking? All children should be getting at least 6-8 glasses of water a day split into 100mls. So, refrain from soft drinks and squash and ensure you and your child are sipping on water throughout the day. Adults need at least 8 glasses, depending on their climate and lifestyle.

A tip to getting your child to drink more water is helping them select a water bottle of their choice at a store. You'll see how excited they are and this will get them drinking more water as they carry their favorite bottle around. It can have a straw. Make sure there's only plain, still water, not any squash or diluted juice. Occasionally they can have a glass of juice. However, we want them to develop healthy habits for life and healthy hydration with pure simple water is a good place to start.

