BENEFITS OF HYDRATION

- Promotes healthy brain activity
- Enhances concentration
- Refreshes us and helps us to be more alert
- Keeps lungs moist for efficient transfer of oxygen to the blood
- Helps students perform better in the classroom and in sports
- Enhances the health of skin, hair, and nails

Signs of Dehydration

- **HEADACHE** – first sign
- Poor concentration
- Restless state of scattered attention
- Irritability
- Light-headedness

✅ *Drink one eight-ounce glass each day for every 25 pounds of body weight*
✅ *Hydrate every 45 minutes of the waking day for optimal performance*
FAMILY TIPS FOR HYDRATION:

✓ Make drinking water a habit.
✓ Reach for a glass of water first thing in the morning, and get your the blood flowing.
✓ Drink water when going to bed.
✓ Take regular water breaks - every 45 minutes during the waking day.
✓ Avoid relying on sodas to provide your fluid need. High sugar and artificial flavors are harmful to teeth and overall health.
✓ Drink water prior to eating, and after eating, to support the digestive process. Water helps the liver convert stored fat into usable energy. A lack of water makes it harder for nutrients to be broken down and used as energy.
✓ Carry either bottled water or tap water everywhere, to school, to the gym, in the car, to the office.
✓ During exercise, replenish fluid at least every 20 minutes.
✓ Don’t wait until thirsty to drink.
✓ Know the early signs of dehydration which include: headache, poor concentration, lethargy, fatigue, irritability, diminished mental performance, light-headedness, dry cough, dry mouth and bad breath, dark, strong smelling urine.
✓ Know that by the time we feel thirsty, dehydration is already well established, and exercising children progressively dehydrate when not encouraged to drink.
TEACHER TIPS FOR HYDRATION

- Introduce the health benefits of drinking water and staying hydrated.
- Encourage each child to being a water bottle to school and keep it on his/her desk.
- Encourage students to bring non-spill, sports-style water bottles to avoid spills.
- Label water bottles with each child’s name and class.
- Have a place for young children to keep their water bottles in the room.
- Role model drinking water throughout the day.
- Encourage and remind students to drink water.
- Have students take water bottles home after school for washing.
- Take water breaks to avoid students’ drinking while the teacher is talking.
- Have students bring non-spill water bottles with them to PE classes.

Hints:

- Students can chill their bottles of water overnight so they stay cool over the day.
- Consider buying each child a small bottle of water to kick off the year.

Resources


www.askdrsears.com

www.feinberg.northwestern.edu/nutrition/factsheets/water.html

www.watercure.com

www.wateriscoolinschool.co.uk