



Supporting Fluid

Intake



Why is it important?

Summer is a time for outdoor activities, heat, and sunshine. There is great potential for fun, as long as we are careful about fluid intake.

You might think that it is easy to make sure you drink enough. If you are thirsty, you drink. However, children generally need help to make sure that they stay hydrated when the temperature rises, and children with special needs requires extra help.

What are the health benefits?

Fluid intake keeps bones, joints, and teeth healthy. Helps the blood circulate and can help children maintain a healthy weight into adulthood. Being well hydrated improves mood, memory, and attention in children.

Fluid intake helps reduce the likelihood of developing constipation and UTIs (urinary tract infections). Good fluid intake can help your child master potty training easier and quicker and can also reduce the likelihood of developing complications such as constipation and infections.

Make ice lollies using well diluted squash. Don't add sugar and avoid using blackcurrant squash which can irritate the bladder.



Draw lines on drinks bottles. This gives kids a visual goal of how much they should drink at different times of the day, which helps when they're at school and it's hard to keep track of how much they're drinking.



Jazz up their water with ice cubes, umbrellas and slices of fruit.



Make sugar-free jellies that contain the equivalent of one cup of water.



Let them choose their cup and fill it themselves.



Buy or customise your own funky straws



For younger children let them use a play tea set and fill up the teapot with water and ask them to make some 'cups of tea' to drink the water from teacups. Hold a 'tea party' and get them involved pouring the water and drinking it.



Fill up a water dispenser with an easy tap on the front at home and fill with water and slices of citrus fruit and encourage them to use it throughout the day to get their own drink.



Talk to their teacher about encouraging pupils to drink during the day. Their teacher could keep a bottle of water on their own desk and sip from it during the day, or have a 'carpet time session' where they explain why water is good for health