



Staying hydrated

Water makes up more than half of a child's body. It is vital to drink enough fluid to maintain a healthy lifestyle.

Aim for six to eight cups per day.

Fluids could include milk, water and sugar free diluting juice. Water can also be flavoured with mint leaves, ginger, or frozen fruit, however plain water is cheapest and best.

The key is to have drinks regularly throughout the day.

Healthy pee is **1 to 3**...
4 to 8 Must hydrate*

Use this urine colour chart to check for signs of dehydration



Good hydration can help with:-

- Concentration
- Headaches
- Constipation
- Energy levels
- Dry skin