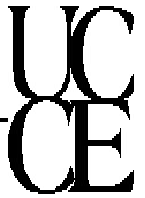




UNIVERSITY of CALIFORNIA

## Agriculture & Natural Resources



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## NEWS RELEASE

### July 18, 2005

### Water for Kids

Now that summer is in full swing and 100° temperatures are lasting for days at a time, it is important to remember to drink plenty of water. This is even more important for children. Active children lose 2 or more quarts of water a day. This means children need to be continuously replenished with water. Children should be offered water frequently throughout the day, and if the weather is hot or children are more active they may need even more. Here are a few tips for keeping children properly hydrated:

- ? Have children take water breaks every 15-20 minutes while playing outside or being physically active.
- ? When planning to be active away from home, don't forget to include water in the cooler. Freeze a few bottles of water the night before a trip and you'll have instant chilled water all day long.
- ? Don't substitute soda or juice for water. Most sodas contain lots of sugar and caffeine which may speed up dehydration.
- ? Don't let children drink water from lakes, river or pools. This water is often untreated and could contain harmful contaminants.
- ? Don't let children drink from garden hoses. They can also contain harmful contaminants.
- ? Don't wait for children to get thirsty. Once they tell you they are thirsty, they are already dehydrated.

For more information please contact University of California Cooperative Extension (530) 889-7350 or visit us on the web at <http://ceplacer.ucdavis.edu>

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