

# 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
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- ✓ *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 bring 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

Batmanghelidj. E. (1998). *Your bodies many cries for water.*

Hendel. B., Ferreira, P. (2003). *Water & salt the essence of life.*

[www.askdrsears.com](http://www.askdrsears.com)

[www.feinberg.northwestern.edu/nutrition/factsheets/water.html](http://www.feinberg.northwestern.edu/nutrition/factsheets/water.html)

[www.watercure.com](http://www.watercure.com)

[www.wateriscoolinschool.co.uk](http://www.wateriscoolinschool.co.uk)