



## KEEPING YOUNG CHILDREN HYDRATED

Warmer weather is upon us and this means that we are spending more time outside, playing and sweating. Being hydrated is extra important for young children.

Children have a higher percent body water than adults and are more sensitive to heat. They often can't tell when they are thirsty. This is why it's important to encourage young children to drink regularly.

### What to do

- Offer milk or water with sit down meals and snacks every 2-3 hours. Eat as a family to avoid distractions to focus on eating and drinking
- Offer water before and during play.
- Pack a water bottle and limit sugary drinks

Whether you are at the beach, the park, or in the back yard, have water within reach.

## What To Offer

**Water** is always a great choice. Make water the only choice between meals and snacks. Plain tap water is a great choice unless your local water is unsafe to drink.

**Milk** is full of nutrients and protein. Milk is a great choice with meals and snacks. Offer whole (3.25% MF) cow's or fortified goat's milk to children under 2. After 2 lower fat milk or fortified soy drinks can be offered.

**Juice** has some vitamins but is high in sugar and can lead to tooth decay. Try to offer whole fruit instead. Keep juice to 125mL (1/2 cup) or less per day.

**Pop, diet pop, fruit drinks, tea, coffee, herbal teas, sports drinks, energy drinks and vitamin water** are not recommended for young children. They have little nutrition and might contain sugar, artificial sweeteners, sodium, and/or caffeine.

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For more information on healthy eating for young children:

- *Dial-a-Dietitian 1-877-830-2892*
- <http://www.caringforkids.cps.ca/>
- <http://www.gov.mb.ca/healthyliving/hlp/nutrition/children.html>