



AMERICANA CHINESE INTERNATIONAL SCHOOL

HEALTH BULLETIN

Student Wellness

1st November 2019

-Adequate Hydration

Water has many important functions in the body. It is important to replace the water to prevent **dehydration**. Children are at a greater risk of dehydration than adults.

There are a few ways to help keep our students to stay in adequate hydration state.

Fluid intake recommendations:

Children in age	Total fluid**
1 to 3 years	1.3 liter per day
4 to 8 years	1.7 liter per day
9 to 13 years old	2.1 to 2.4 liter per day

***from all oral intake per day, include foods.*

Signs of dehydration:

Dry or inelastic skin	Headaches
Dry-mouth and lips	Muscle cramps
Constant tiredness	Dry eyes
Decreased/darkish urine	Constipation

Good tips at home:

- ✓ Encourage your student to drink water before, after and during physical activity.
- ✓ Drink early. Always offer water with meals and snacks.
- ✓ Be a role model!
- ✓ Encourage your student to drink water, even if they don't like it!
- ✓ Avoid caffeinated beverages.