

Preventive tips to keep you healthy... from New London Hospital.

Children and Proper Hydration

During warm weather, it's more important than ever to keep a close eye on children, especially when they're playing outside.

According to the American Academy of Pediatrics (AAP), children can't adjust to summer heat as quickly as adults, and they don't recognize the warning signs of dehydration.



Here are the key symptoms to watch for:

- Complaints of a headache
- Feeling tired
- Decreasing bathroom breaks
- Nausea
- Unsteadiness or dizziness

It's critical that children drink enough liquids in hot temperatures.

Encouraging children to drink frequently during regular outdoor activities is also crucial. The AAP recommends that an 88-pound child drink 5 ounces of cold tap water every 20 minutes. Soda, on the other hand, isn't a good choice. In fact, the sugar and caffeine in soda drain the body of water.

For more tips to help you stay well, sign up for our e-newsletter, *Discover Health* by sending your email to Naomi.Forrestall@newlondonhospital.org



*Sources: American Academy of Pediatrics
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