

WITH THIS HEAT WAVE... HYDRATE, HYDRATE & HYDRATE!

HOW MUCH WATER DOES MY CHILD NEED?

- *This depends on your child and what they are doing. A rough starting point is to use the following equation for school-aged kids:*

CHILD'S WEIGHT (lbs) / 2 = NUMBER OF *baseline ounces* OF FLUID FOR A DAY

EXAMPLE:

- **Becky weighs 80 pounds. Her baseline fluid intake for a day is roughly 40 ounces.**

Once you have a baseline, adjust up or down from there to achieve light yellow to almost clear urine.

AVERAGE RANGES BY AGE: 5-8 yo - 1 liter
9-12 yo - 1.5 liters
13+ yo - 2 liters

ATHLETES:

- **Pre-hydrate prior to activity** and consume *on average an extra 4-8 ounces of liquid* for every 20 min of exercise.

