



HOW MUCH WATER DOES MY CHILD NEED?



Water keeps my child's body temperature stable, & helps my child's body get rid of waste & toxins

Dehydration - not having enough fluid in my child's body - can cause many symptoms!

If my child suffers with:

- strong smelling nappies or deep yellow urine
- nappy rash
- dry lips, cracked lips
- constipation
- headaches
- tiredness
- dry skin
- crankiness
- poor concentration
- dark circles around eyes



SKY JUICE RULES OK!!!

- JUICE THAT FALLS FROM THE SKY!!!

GIVE WATER A FUN NAME☺



MY CHILD MAY NEED MORE WATER!!!

Age	My child needs water every day to grow well and be healthy
Babies 0-12months	- a 7kg child needs about 1000ml/day (about 1 litre) - may include breast milk, formula, - and water (150ml/kg/day)
1 yr - 3 yrs	- a child weighing 10kg should have 1200ml/day (1.2 litres) - may include breast milk, formula, cows milk, milk alternatives - and water
4 yrs - 8yrs	4-5 glasses of water
9 yrs - 13 yrs	5-6 glasses of water
14 yrs - 18 yrs	6-8 glasses of water
Adults	8-10 glasses of water



Most tap water contains fluoride - helps my child have strong teeth

Tap water costs almost nothing \$0 compared to all other drinks

Drinking water rinses my child's mouth & prevents tooth decay

I wouldn't put 6-12 teaspoons of sugar in my child's drink?



- A glass of fruit juice or soft drink contains the about 6-7 teaspoons of sugar (250ml glass)
- There are between 10-18 teaspoons of sugar in every can or regular size soft drink
- Drinking just one can of soft drink every day adds up to 18 kilograms of sugar in a year!



Adapted from Novita Children's Services

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