



### Ensuring Proper Hydration

Proper hydration is crucial for your child's health and energy levels, especially during the hot summer months. Drinking about a half ounce of water for each pound is recommended.

KixTips

Always carry a water bottle when you go out with your child to ensure they stay hydrated.

Here's a guide on how much water your kids need based on their age (additional fluid lost via sweating, vomiting, and/or diarrhea needs to be replaced on top of this):

Age In Years	No. of 8 oz Cups
1 Year Old	1 cup / 237 ml
2 Year Old	2 cup / 474 ml
3 Year Old	3 cup / 710 ml
4 Year Old	4 cup / 947 ml
5 Year Old	5 cup / 1183 ml
6 Year Old	6 cup / 1420 ml
7 Year Old	7 cup / 1657 ml
8 Year Old	8 cup / 1893 ml
9 & Older	8 cup / 1893 ml
Eight 8 oz cups = 2 Liters (approx)	

## SECTION 2

### KixTips for Encouraging Hydration

- Make Hydration Fun:

Use colourful water bottles or cups to make drinking water more appealing, and offer water-rich fruits like watermelon and cucumbers.
- Set a Schedule:

Encourage drinking water at regular intervals, such as after playtime, during meals, and before bedtime.
- Lead by Example:

Show your child the importance of hydration by drinking water regularly yourself and monitoring their intake, especially during hot weather or physical activity.