

/ NUTRITION

# HOW TO STAY HYDRATED

## LEARN IT

### *Dehydration Symptoms*

- Feeling faint
- Headache
- Fever
- Intense thirst
- Not urinating for many hours
- Nausea
- Vomiting
- Breathing faster or deeper than normal
- Skin numbness or tingling
- Muscle spasms
- Extreme tiredness

**PRO TIP:** If your child's urine is a dark yellow color, resembling apple juice, it is time to rehydrate.

Download this helpful [Hydration Chart](#)

## TEACH IT

### *Make hydration a habit*

One of the best ways to keep your child hydrated is to get them in the habit of drinking fluids every 20 minutes during the course of activity and after it ends.

## DO IT

### *When and how to hydrate*

**Before activity:** Drink 16-24 fluid ounces of water 10-15 minutes before activity.

**During activity:** Hydrate with an electrolyte-packed sports drink or water every 15 to 20 minutes throughout play.

**After activity:** Have your child drink chocolate milk as a post-workout snack to replenish nutrients lost during exercise.

**PRO TIP:** Pair a favorite sports drink with a healthy snack, and on busy days, plan ahead for additional hydration opportunities the night before an activity or with breakfast.

Need more tips? Watch more on [Heat and Hydration](#).