



# Heathfield Early Years Centre

## **Hydration of Children Policy**



### Think2DrinkH2O Initiative

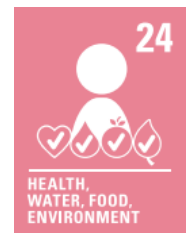
*Think2DrinkH2O is an initiative which aims to highlight the importance of good hydration for children and young people. Getting the right amount of water can make a difference to the way we all feel, think and function and adults play a vital role in helping children stay hydrated. The amount of water children need depends on age as well as physical activity and weather – but around six to eight cups/mugs is the ideal amount per day\*. Children who don't consume enough fluid may suffer headaches, poor concentration, low energy, dizziness, constipation and urinary tract infections – as well as poor oral health, dry skin and in babies, an increased heart rate. (Care Inspectorate, 2019)*

### Principles:

**H & SCS** - 1.24 “Any treatment or intervention that I experience is safe and effective”

**SHANARRI** Wellbeing Indicator – Safe & Healthy

**UNCRC** Article 24 “I have the right to good quality health care, to clean water and good food.”



### What should children drink?

Aim for six to eight cups or mugs per day. The amount per cup depends on the age of the child.

- under 5 years 120-150ml cup
- 6 years and above 250-300ml cup

Fluids could include milk and water . Water can also be flavoured with mint leaves, ginger or frozen fruit, however plain water is best.

In addition, some foods are a good source of fluid; water rich fruits such as melons, soup ice lollies, jelly, yoghurt or milk puddings. The key is to offer drinks regularly throughout the day.

Good hydration can assist in preventing or treating: urinary tract infection headaches poor concentration dizziness constipation poor oral health low energy levels dry skin increased heart rate (affecting younger children and babies)

**As of April 2025, milk entitlement changes for early years children. Each child is entitled to a serving of 189mls of semi-skimmed milk/dairy alternative per day. This will be provided daily to all children.**

#### Spotting the Signs

Spotting the signs and symptoms: drinking less than usual low energy levels feeling thirsty urinary tract infection dark coloured pee peeing less than 4 times per day or fewer wet nappies tiredness dry mouth/lips fewer or no tears cold or dry skin decrease in concentration poor oral health sunken eyes or sunken soft spot on the head (for babies)



#### Organisation

- Children will be offered fresh water throughout the day
- Water will be available for children to access independently with their hydration station – both indoors and outdoors.
- All children will be actively encouraged to drink especially when they have been outside
- Milk and water will be offered at mealtimes and snack times.

Reviewed March 2025

Review March 2028