

## **Keeping Kids Hydrated 7/20/10**

Keeping kids hydrated is especially important during our hot, humid Houston summers. The evaporation of sweat off our skin is the body's cooling mechanism. When the air is already saturated with water as it is in high humidity, it is harder for the body to keep itself cool. Even when we are swimming and taking advantage of the many pools in the area, we continue to lose fluid from sweating. Kids can overheat easily and need to take frequent breaks from outdoor activities and to take in plenty of fluids to replace what is lost.

Water is the number one beverage of choice for fluid replacement. Juice contains a lot of sugar and can keep your child too full to take in more nutritious foods. Intake of 100 percent juice should be kept to no more than 4 ounces per day. Sports drinks can be too harsh for little tummies. If your child is getting bored of drinking only water, you can make it more interesting by creating ice cube treasures. Place a couple of berries or other sliced fruit into ice cube trays and fill the remaining space with water. Stick the trays in the freezer for 2-4 hours until frozen through. Use these special treasure filled ice cubes to keep your child's water cold and encourage your child to "find" the treasure in their cup. Alternatively, you can fill the trays with 100 percent juice to lightly flavor their water with only a fraction of the sugar. And if you happen to have a few of these beautiful ice cubes leftover, you can impress friends by using them to chill your favorite summery beverages as well.