

Summer Hydration for Kids



Keep summer fun safe by ensuring your kids are staying well hydrated.

According to the CDC:

- **1 in 5 kids** do not drink plain water during the day.
- **Approximately 50% of school-aged kids** are not hydrated enough.
- **Around 20%** of adolescents and children drink no amount of plain water during their day.
- **Keeping kids hydrated** not only cools them off but keeps their moods cool, too. Proper hydration also helps kids avoid unpleasant issues like kidney stones and constipation.



If your child is:	They should drink this much water daily:
6 to 12 months	4 to 8 ounces (1/2 to 1 cup) 
12 to 24 months	8 to 32 ounces (1 to 4 cups) 
2 to 5 years	8 to 40 ounces (1 to 5 cups) 
5 to 8 years	40 ounces (5 cups) 
9 to 13 years	56 to 64 ounces (7 to 8 cups) 
14 to 18 years	64 to 88 ounces (8 to 11 cups) 

These amounts are in addition to water found in fruits, vegetables and milk.

Make drinking water fun:

- Add fruit slices to water for flavor.
- Let your child pick out a special water bottle and decorate it with stickers.
- Offer unsweetened sparkling water as an alternative to soda.
- Start a motivational chart to encourage water intake.



- Send a reusable water bottle with your child to:
- Camp
 - Playgrounds
 - Sport practice
 - Summer school

Be a role model.

Let kids see you drinking and enjoying water and they will be encouraged to follow your example.



Concerned about your child not drinking enough, or too much? Find a Weill Cornell Medicine pediatrician at weillcornell.org/doctors