



August: Healthy Hydration

Healthy Hydration

As kids are active and playing outside in this intense summer heat, they need plenty of healthy fluids to avoid becoming dehydrated. **Dehydration can lead to tiredness, crankiness, and constipation.**

Plain water is the best choice to keep kids hydrated, but can sometimes be a challenge getting them to drink it. This is especially hard if they have a sweet tooth and prefer drinks like soda, lemonade, and punch.

Here are a few ways to make water a little more fun plus some other great choices to keep kids hydrated:



Flavor water with fruits or vegetables



Eat foods with high water content like grapes



Have a fun reusable bottle just for water

Additional Resources

- [Kid Smoothies](#)
- [Water Bottles](#)
- [More fun water bottles](#)
- [Water: the Coolest Drink Around](#)

