



KidsHealth / Kids / Why Drinking Water Is the Way to Go

Why Drinking Water Is the Way to Go

Reviewed by: [Mary L. Gavin, MD](#)

AAA

What do you, the trees, and a hamster have in common? Give up? You all need water. All living things must have water to survive, whether they get it from a water fountain, a rain cloud, or a little bottle attached to the side of a hamster cage.

en español

[¿Por qué es bueno beber agua?](#)

Without water, your body would stop working properly. Water makes up more than half of your body weight, and a person can't survive for more than a few days without it. Why? Your body has lots of important jobs and it needs water to do many of them. For instance, your [blood](#), which contains a lot of water, carries oxygen to all the cells of your body. Without oxygen, those tiny cells would die and your body would stop working.

Water is also in lymph (say: limf), a fluid that is part of your [immune system](#), which helps you fight off illness. Water helps keep your temperature normal. You need water to digest your food and get rid of waste. Water is needed for digestive juices, [urine](#) (pee), and poop. And you can bet that water is the main ingredient in perspiration, also called [sweat](#).

Besides being an important part of the fluids in your body, water is needed by each cell to work.

Your body doesn't get water only from drinking water. Any fluid you drink will contain water, but water and milk are the best choices. Lots of foods contain water too. Fruit contains quite a bit of water, which you could probably tell if you've ever bitten into a peach or plum and felt the juices dripping down your chin. Vegetables also contain a lot of water — think of slicing into a fat tomato or crunching into a crisp stalk of celery.

How Much Is Enough?

Because water is so important, you might wonder if you're drinking enough. There is no magic amount of water that kids need to drink every day. The amount kids need depends on their age, body size, health, and activity level, plus the weather (temperature and humidity levels).

Usually, kids drink something with meals and should definitely drink when they're thirsty. But if you're sick, or it's warm out or you're exercising, you'll need more. Be sure to drink some extra water when you're out in warm weather, especially while playing sports or exercising.

When you drink is also important. If you're going to sports practice, a game, or just working out or playing hard, drink water before, during, and after playing. Don't forget your water bottle. You can't play your best when you're thinking about how thirsty you are!

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Your body regulates the amount of water in your system. The body holds on to water when you don't have enough or gets rid of it if you have too much. If your pee is very light yellow, you are well hydrated. When your pee is very dark yellow, it's time to drink up.



You can help your body by drinking before you're thirsty and drinking extra water when you exercise and when it's warm out. Your body will be able to do all its wonderful, wonderful jobs and you'll feel great!

Reviewed by: [Mary L. Gavin, MD](#)

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KidsHealth / Kids / Dehydration

Dehydration

Reviewed by: [Patricia Solo-Josephson, MD](#)
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What Is Dehydration?

When it's hot outside and you've been sweating, you get thirsty. Why? Thirst can be a sign of **dehydration** (say: dee-hye-DRAY-shun). Dehydration means that your body doesn't have enough water in it to keep it working right.

en español

[¿Por qué es tan peligroso deshidratarse?](#)

A person gets water by drinking and eating. You lose water when you sweat, urinate (pee), have diarrhea, or throw up. You even lose a little water when you breathe.

Our bodies need water to work properly. Usually, you can make up for the water you lose — like when you come in from outside and have a long, cool drink of water. If you don't replace the water your body has lost, you might start feeling sick. And if you go too long without the water you need, you can become very ill and might need to go to the hospital.

Why Am I Dehydrated?

Many times kids get dehydrated when they're playing hard and having fun. Have you ever gotten really sweaty and red-faced when you've been playing? This often happens when it's hot outside, but it can happen indoors, too, like if you're practicing basketball in a gym.

Kids also can get dehydrated when they're sick. If you have a stomach virus, you might throw up or have [diarrhea](#) (say: dye-uh-REE-uh) or both. On top of that, you probably don't feel very much like eating or drinking.

If you have a sore throat, you might find it hard to swallow food or drink. And if you have a fever, you can lose fluids because water evaporates from your skin in an attempt to cool your body down. That's why your mom or dad tells you to drink a lot of fluids when you're sick.

What Are the Signs of Dehydration?

Being thirsty is the top clue. Here are some other signs that a person might be dehydrated:

- feeling lightheaded, dizzy, or tired
- rapid heartbeat
- dry lips and mouth

Another sign of dehydration is not peeing as much or having dark or strong-smelling pee (pee usually is a pale yellow color).

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So do you have to drink eight glasses of water a day? No, but you do need to drink enough to satisfy your thirst, and maybe a little extra if you're going to be exercising. Also, it's smart to dress in cool clothes and take breaks indoors or at least in the shade.



If you're sick, keep taking small sips of drinks like water or diluted juice, even if you're not that thirsty or hungry. Eating an icepop is a great way to get fluids. Other foods, such as fruits and vegetables, contain water too, but if your stomach is not feeling well you might not be ready for them.

Limit soda and other sugary drinks, such as fruit punches, lemonades, and iced teas. These drinks have a lot of sugar that your body doesn't need. Some also contain [caffeine](#), which can make you pee more a lot. In other words, it tells your body to get rid of fluids. And as you now know, that's the opposite of what you need to do if you're dehydrated!

Do I Need a Doctor?

Some cases of dehydration can be handled at home. But sometimes, that isn't enough to get a kid feeling better. A kid may need to go to the doctor or emergency room if he or she has a heat-related illness or a virus with vomiting or diarrhea that just won't quit.

At the hospital, the good news is that an **intravenous** (say: in-truh-VEE-nus) (IV) line can get fluids into your body fast. An IV line is a special tube (like a very thin straw) that goes right into your vein, so the liquid goes right to where your body needs it most. It may pinch a little when the nurse is inserting it, but it will help you feel much better.

Reviewed by: [Patricia Solo-Josephson, MD](#)

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Drinking Water/Dehydration

Post Test – August 2023

Please keep this test and certificate in your files for Licensing.
You do not need to send it in to our office or the State.

1. Water makes up more than _____ of your body weight, and a person can't survive for more than a few days without it.
2. Water is also in _____, a fluid that is part of your immune system, which helps you fight off illness.
3. Any fluid you drink will contain water, but water and milk are the best choices. No food contains water.
True or False?
4. The amount of water kids need depends on their age, body size, health and activity level, plus the _____.
5. If you're going to sports practice, a game or just working out or playing hard, drink water _____, _____ and _____ playing.
6. You can help your body by drinking before you're _____ and drinking extra water when you exercise and when it's warm out.
7. You lose water when you sweat, urinate, have diarrhea or throw up. You even lose a little water when you breathe.
True or False?
8. If you don't replace the water your body has lost, you might start feeling _____.
9. If you have a _____, you can lose fluids because water evaporates from your skin in an attempt to cool your body down.
10. Limit soda and other sugary drinks, such as fruit punches, lemonades, and iced teas. These drinks have a lot of _____ your body doesn't need.

July 2023 Quiz Answers. 1.Self-Esteem 2.Mistakes 3.False 4.Pay Attention
5.Chances 6.Attitude 7.True 8.Negative 9.Strenghts 10.Good Feelings



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