

Water bottles in backpacks: Keeping kids hydrated

Video, graphic show importance of packing water when getting your child ready for school

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PHOENIX (July 24, 2018) – It's a tough combination: record-high temperatures roasting Phoenix just as kids are going back to school.

Children can be especially susceptible to the heat and need to be properly hydrated at school and everywhere else. Girls who are 9 to 13 years old should drink seven eight-ounce glasses of water a day and boys must drink more because they tend to sweat more than girls.

“ They may be walking to school or playing on the playground or playing sports and it is easy for them to become distracted and not realize that they haven't drank any water. ”

[Ready to edit video and audio of Fejt talking about children and dehydration](#)

“It is so easy for kids to become dehydrated especially when school starts. They may be walking to school or playing on the playground or playing sports and it is easy for them to become distracted and not realize that they haven't drank any water,” says Tracey Fejt, injury prevention coordinator with Banner Children's

If they wait to drink until they feel thirsty, they're already dehydrated, Fejt says.

Kids who play sports or are very physically active should drink extra fluids beforehand, and then take regular drink breaks (about every 20 minutes) during the activity.

According to the American Academy of Pediatrics, some signs of dehydration in children include:

- Plays less than usual
- Urinates less frequently
- Parched, dry mouth
- Fewer tears when crying

Kids who are mildly dehydrated from lots of activity will probably be thirsty and should drink as much as they want. Plain water is the best option. They should rest in a cool, shaded spot until the lost fluid has been replaced.

About Banner Children's

Banner Children's, part of nonprofit Banner Health, cares for more kids than any other health system in Arizona. From well-child exams to treatment of minor injuries and illnesses to management of chronic conditions, the experienced team at Banner Children's provides comprehensive, family-centered medical care for every child in Banner Health centers and clinics, emergency rooms, hospitals and outpatient facilities. Services include: behavioral health, cancer care, diabetes and endocrinology, digestive care, emergency care, heart care, neurosciences, primary care, surgery and more. For more information about Banner Children's services, physicians and locations, visit www.BannerChildrens.com.

 [Graphic: How much water should a child drink](#)
(71 KB)

<http://bannerhealth.mediaroom.com/kidsandhydration>