

Dear Counselling Corner:

My child came home recently and was SUPER thirsty. They told me that they had chosen not to drink anything that day. We had a big chat at home about the importance of drinking water at school with the warmer weather here. I am a firm believer that kids need to be encouraged to drink more water, especially when thirsty. Will you please give me some strategies to encourage our children to drink more water? Thanks!

Dehydrated Mom

Dear Mom:

Your email is very timely. It IS very important that your child stays hydrated, especially with the warmer weather here. Numerous studies show that proper hydration is essential for good health and can improve short-term memory, attention, and cognitive function. Children are at a greater risk of dehydration than adults as they are often more active and have a larger proportion of their skin available to lose water through sweat. Kids are also often dependent on their adults for regular drinking water access and don't always recognize when they are thirsty and need to be reminded to drink. One hot summer day, one of my daughters fainted when she was little. It turned out that she had become seriously dehydrated and I was horrified! How could I have let this happen? I immediately purchased water bottles for each family member which we decorated and personalized. My husband and I then made a point of modelling drinking water regularly. I found some great websites about the importance of drinking water and how to get them to this on a regular basis.

<https://www.verywellfamily.com/get-kids-to-drink-more-water-1257002>

<https://www.absopure.com/blog/5-ways-to-encourage-kids-to-drink-more-water/>

<https://www.childrenscolorado.org/conditions-and-advice/parenting/parenting-articles/get-kids-to-drink-water/>

The Counselling Corner is intended to offer some helpful advice, encouragement and insight on a variety of topics to support your child's social and emotional learning. Please contact me if you have any questions or concerns at hchang@sd43.bc.ca.

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