

STEP 3

HYDRATION INFORMATION AND DRINK DIARY



If you don't get enough fluid you may feel tired, get headaches and not perform at your best. Your body has special ways to make sure you stay hydrated. Feeling thirsty is your body's way of telling you that you need to drink more. However, the easiest way to spot that you might not be getting enough water is if your urine is a dark yellow colour during the day. If you are getting enough water your urine should be a pale straw colour. So if it is darker than this or if you are urinating infrequently or passing very small amounts of urine, then you probably need to drink some more fluid. You also need to drink more if it is hot, or if your temperature is high due to physical activity or illness.

Your child will be keeping a Drink diary for their homework. Why don't you do the same and check you're drinking plenty of fluid. 'Fluid' includes not only water from the tap or in a bottle, but also other drinks that give you water such as tea, coffee, milk, fruit juices and soft drinks. Write down the drinks you have each day and have a look at the information on good drinking habits in your child's passport.

Day	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

