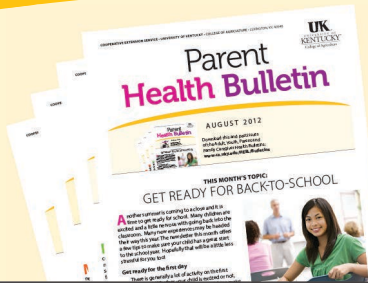


# Parent Health Bulletin



JULY 2014

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## THIS MONTH'S TOPIC:

# PREVENTING DEHYDRATION

It is getting hot outside! During the summer, we often want our children to go outside and play. It is great for your child to spend the summer days outside playing sports and being with friends. Some children may even help you out with some outside work like washing the car or gardening. With all of this activity, it is important that your child also drink plenty of water.

When working outside in the summer, we often sweat. Sweating is what the body does to help stay cool. Our body temperature is normally about 98.6 degrees F. Sweat comes from small holes in the skin called pores. When the sweat hits the open air, it works to cool our bodies.

When the body loses too much water, it is called dehydration. Children may not tell



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# *When we are outside during the summer, we often sweat. When the body loses too much water, it is called dehydration.*

## Continued from page 1

you when they are thirsty and need a drink. This can be especially true when they are playing outside for lengthy periods of time. If your child has been outside for a while and has not had anything to drink, it is important to remind him or her to drink some water. This will replace some of the water that may have been lost while he or she was outside. If a child (or an adult) does not replace the water lost, he or she is likely to get sick.

### How do you know if your child is dehydrated?

One of the first ways to know if your child is dehydrated is if he or she tells you they are feeling thirsty. After playing outside for more than 30 minutes, you should offer and encourage your child to drink some water.

Other signs that may tell you that you are dehydrated are:

- Feeling dizzy
- Feeling your heart beat faster
- Mouth feeling dry

If you know that your child will be outside playing for a long time, offer water before, during and after playing to help prevent dehydration. It is also helpful to make sure that your child wears cool, light colored clothes when going outside to play.

We want our children to enjoy the summer playing outside. Just make sure that everyone drinks plenty of water.

*If your child has been outside for a while and has not had anything to drink, it is important to remind him or her to drink some water.*



#### REFERENCES:

- Nemours KidsHealth. What's sweat? <http://kidshealth.org/kid/talk/yucky/sweat.html>
- Nemours KidsHealth. What's the big sweat about dehydration? <http://kidshealth.org/kid/watch/er/dehydration.html>

Parent  
**Health Bulletin**

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