



*How much water should a child drink?*

*Water is the liquid of life and plays a critical role in ensuring the body functions correctly. It not only helps manage body temperature through perspiration and provides a mechanism to*

*dispose of waste through urination, but it also transports nutrients absorbed by the digestive system to repair damaged cells and tissues. Children especially, because of their small body mass and active nature, need plenty of water to avoid the risk of dehydration.*

### Significance

- *How much water children should consume on a daily basis depends on a variety of factors, including their height and weight, their level of activity and even the time of year if they are playing outdoors. Children often keep playing even after the twinge of thirst strikes, so during the summer there is an increased risk of dehydration.*

### The Facts

- *When trying to determine how much water your child should drink each day, pediatricians recommend them consuming half of their total body weight in ounces of water. For instance, the average 2-year-old weighing 28 pounds should drink almost two cups of water, or 14 ounces, and the average 6-year-old weighing 46 pounds should drink about three cups, or 23 ounces. A good indication that a child is drinking the appropriate amount of water is urine that is nearly or completely colorless.*



### Misconceptions

- *For years, medical experts have stuck by the rule that eight glasses of water per day was the best advice for everyone. But especially given vast differences in the way people live their lives today, there is no one answer that applies to all, especially when talking about children. The key is not to take chances. When in doubt, make sure your child drinks a cup of water with each meal and at least one other cup during the day.*

### Some May Need More

- *On very hot days, or when exercising a lot, a child should drink more water. A child who feels lethargic or dizzy or appears flushed may need more water, as these are signs of mild dehydration. A child who urinates less than usual or has abnormally dark urine also needs more water.*

### Bottom Line

- *The amount of water a child needs depends on the child's age, the climate and activity level but most children should get about 48 ounces or more each day. Children who show signs of dehydration should increase their water intake.*

