

intake of water can lead to bedwetting ceasing rather than cutting down on drinks prior to going to bed - little and often as described above is best.

What can the school and parents do to promote the drinking of water?

Parents: Send children to school with a fresh bottle of water each day. Please do not send fruit juice or squash in your child's water bottle.
Support the school policy on drinking water by encouraging water drinking at home.

School: Ensure children are provided with sufficient water breaks and opportunities to refill their water bottles.
Ensure children drink at lunchtimes.
Promote the drinking of water through the curriculum and newsletters to parents.
Provide cheap, clear water bottles for sale to parents.



The Gattons Infant School

Information Leaflet



**Bring a water bottle
to school**

Making sure your child has enough to drink

Why should we drink water?

- ◇ Lack of water will eventually lead to dehydration;
- ◇ 75% of the body is water, most of it inside our cells;
- ◇ Water outside our cells dries up first and this affects our brain cells;
- ◇ The brain controls many functions and therefore many functions are affected by lack of water;
- ◇ We need to drink water all year round, not just in the summer when the weather is hot.

What are the symptoms of lack of water?

Drinking enough water during the school or working day is something the majority of adults and pupils do not do. The symptoms and health problems associated with dehydration are many and complex, but there are a few which are familiar:

What is the effect of drinking sufficient water?

The effect of drinking the recommended amount of water each day can be considerable and positive.

Behaviour and

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| ◇ Light-headedness | ◇ Abdominal discomfort |
| ◇ Poor concentration | ◇ Dry mouth/bad breath |
| ◇ Irritability | ◇ Dry eyes |
| ◇ Clumsiness | ◇ Loss of appetite |
| ◇ Tiredness | ◇ Strong, dark urine and eventually |
| ◇ Headaches | ◇ Feeling thirsty |
| ◇ Poor mental performance | |
| ◇ Impaired physical performance | |
| ◇ Less tolerant of temperatures - feeling cold in the winter, hot in the summer | |



achievement can both be improved if teachers and pupils are not dehydrated and there is much evidence to prove links between learning and drinking enough water. Drinking water regularly will help:

- ◇ Improve mental performance
- ◇ Increase concentration and attention span
- ◇ Reduce tiredness and irritability

- ◇ Improve general health
- ◇ Promote healthy skin and fresh breath

Which health problems arise from lack of water?

- ◇ Urinary tract infections including cystitis and kidney stones
- ◇ Cardiovascular disease
- ◇ Constipation
- ◇ Poor bladder control/enuresis (bedwetting)
- ◇ Some cancers such as bowel cancer
- ◇ Acute appendicitis
- ◇ Dehydration



How much water should we drink?

- ◇ The average 4 - 6 year old should drink 85 ml of water per kg of body weight - a 22kg five year old requires 1.5 litres of fluid a day, preferably water or milk.
- ◇ The average 7 - 10 year old should drink 75 ml of water per kg of body weight - a 30 kg 10 year old requires 1.75 litres.
- ◇ The average adult should drink at least 1.5 litres adjusted for weight - the heavier you are the more water you should drink.
- ◇ People should avoid taking in more than six litres of water in less than an hour as this can cause water intoxication leading to nausea and confusion.

If it is assumed that children will have fluid both before and after school then in school they only need to drink the equivalent of two small glasses of water. They may need extra water at lunchtime or after PE.

Is drinking milk the same as drinking water?

Milk is classed as a food not a liquid. It is better than not drinking anything because it does have water in it, however, children drinking milk should also be offered water to drink.

How should we drink water?

Little and often rather than a glass at a time.

What about frequency of visits to the toilet?

If water is drunk little and often then the body absorbs it and uses it leading to less need for visits to the toilet. However if water is drunk in quantity with big intervals in between then there will be a sudden need to visit the toilet.

Will drinking more water during the day lead to bedwetting?

The more opportunity children have to gain bladder control by drinking frequently during the day the less likelihood there is of bedwetting. A larger