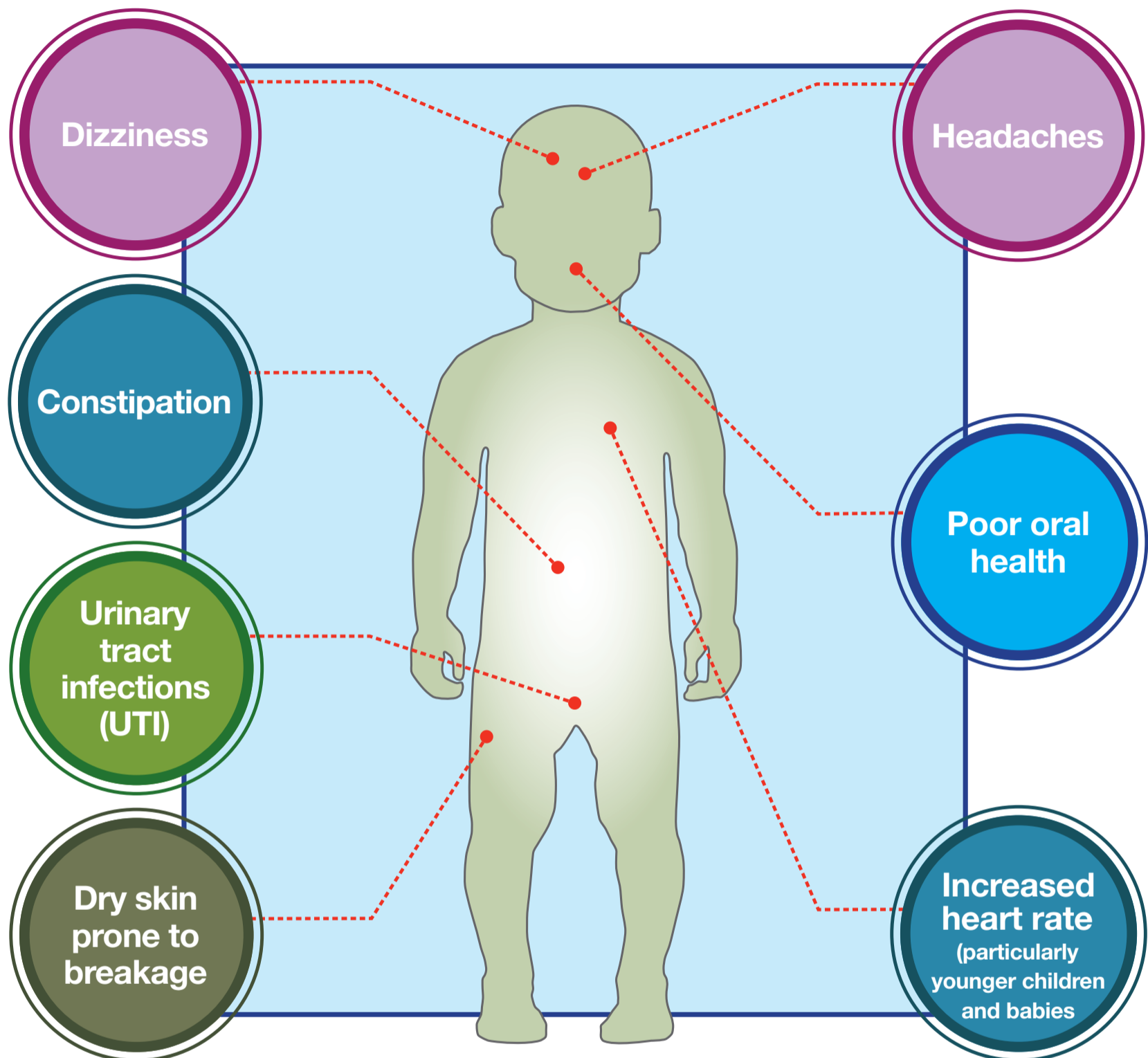


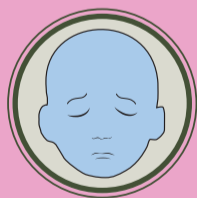
# Effects of Dehydration on Children



## Spotting the signs and symptoms of dehydration in children



- Drinking less
- Feeling thirsty



- Tiredness
- Dry mouth/lips
- Dizziness
- Sunken soft spot on head (babies)
- Fewer or no tears



- Dark coloured pee
- Peeing less than 4 times a day or fewer wet nappies
- Strong smelling pee

How much should children drink? Depends on age/gender.

- Generally 6-8 cups per day
- Under 5 years 120-150ml cup
- 6 years and above 250-300ml cup