Did you know that kids are especially vulnerable to becoming dehydrated? Their need for water is proportionately greater than that of an adult, and they may not yet have developed the reflex to drink when they are thirsty. Be on the lookout for these signs of dehydration.

- Feeling thirsty (When a child experiences the sensation of thirst, he/she is already dehydrated.)
- Less urination and darker urine color
- Unexplained tiredness
- Headaches
- Dry mouth
- Dizziness
- Decrease in mental awareness

Water Wisdom for Moms

Children need approximately 40 oz. of liquids each day for proper hydration. Some of this total can come from foods but most should come from beverages, and water is a great choice. Find out more by visiting the “Live Well” section at the Nestlé® Pure Life® Purified Water Web site, www.nestle-purelife.us.