



health & wellbeing

keep kids drinking

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The recent focus on childhood obesity has turned much of the nation's attention to what kids should and shouldn't be eating and how active they are. However something that is equally important for children's health and wellbeing, though often overlooked, is the importance of hydration.

Keeping kids well hydrated is essential for good health overall, as studies show that dehydration in children can make it harder for them to perform well and learn at school¹. However children often don't drink enough to meet their fluid needs, even when drinks are freely available², which means they can be more vulnerable to heat stress. Children also have a different body composition to adults and are not as efficient at regulating their body temperature¹ making them even more susceptible to dehydration.

Kids will often wait until they are thirsty before they get a drink, or rely on others to provide them with drinks, and by this stage they may have already lost important fluids and electrolytes.

Children who are overweight have a higher proportion of body water, so it is especially important that they drink regularly, particularly kilojoule free fluids such as Neverfail Springwater, to stay adequately hydrated³.

Childhood is a time of growth and development, and it is also the time when kids learn lifelong eating and drinking habits from their families and friends.



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So to make sure your kids get plenty of fluids each day, and help them recognise the importance of drinking from an early age, always pack a water bottle in their lunchbox and offer milk and lightly flavoured, low sugar beverages for variety and interest.

The Dietary Guidelines for Children and Adolescents in Australia recommend to “Choose water as a drink”⁴ and together, water and milk are recommended as the best fluids for children.

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