

Headaches and Liquids

Children who have headaches should have lots of water every day. If your child is under age 12, they should drink around 48 oz., if they are over age 12, they should drink up to 68 oz. of water a day. Drinking more water every day is a simple step that may make a big difference in your child's overall health and hopefully improve their headaches.

Simple tips to increase water intake:

- Get a special water bottle to carry to school and when out and about.
- Drink out of a bottle to track how much water you have had each day instead of using the water fountain.
- If you are sick with a fever, diarrhea, or throwing up, drink more water to replace what you're losing.
- Mix fruit juices with water – half and half.
- Drink a cup of water before you get out of bed each morning- and another before you turn the lights of to go to bed at night.
- Drink two full glasses with each meal- one before and one after eating.
- Try sipping from a straw; some people think that drinking through a straw helps them drink more.
- Add any favorite fruit to your jug or glass.
- Get sneaky by eating foods with lots of water in them, like watermelon or tomatoes- both over 90 percent made of water not to mention delicious and healthy for you! In general fruit contains the most water, followed by vegetables.
- Being active means you need to drink more liquids. Parents need to be aware of children's fluid intake and schedule regular drink breaks for children playing outdoors, particularly in hot weather.
- If planning a day with a lot of activity or being out in the heat and sun more than usual drink an extra bottle of water the day before to prepare!

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