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YOUR CHILD'S HEALTH

Presented by the medical professionals at Midcoast Pediatrics

Keeping Kids Hydrated in the Dog Days

Parents know the importance of hydration during the long, hot, dog days of summer. When the heat wave strikes, be prepared. Know how to hydrate the kids in the house, and have a variety of options available. Younger children need somewhat less fluids than older kids, but those needs increase across the board when sports or outdoor activities are involved. But what if kids get sick of chugging water? Keep fresh melon on hand that is cooled and cut into serving-size pieces. Grapes and berries are also good ways to get a little nutrition and hydration into a child. Freeze favorite juices into ice pops, and keep the fridge stocked with low-sugar juices and sports drinks.

HINT: Weigh your child before and after a sports game. Encourage your child to drink a pint of fluids for every pound lost.

Our practice provides comprehensive, individualized pediatric care for your children. Our team of health care professionals work in partnership with parents to help infants, children and adolescents maintain good health, nutrition and emotional well-being. For more information, call MIDCOAST PEDIATRICS at 207-721-8333. We are located at 121 Medical Center Drive, Suite 2600, Brunswick. New patients are welcome.

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