



## DPS Modern Indian School Medical Team Newsletter December Edition: Hydration in the Cold Months



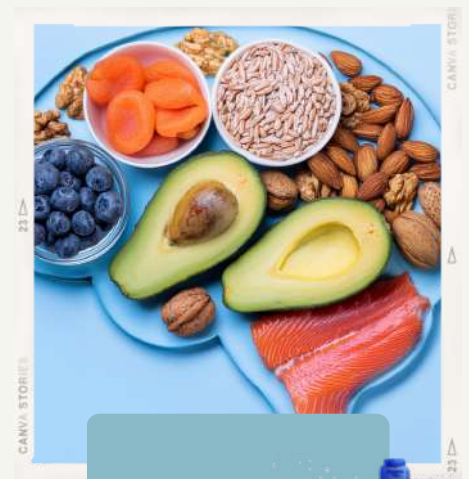
### THE IMPORTANCE OF WINTER HYDRATION

Winter may not make you sweat like summer, but your body still needs water to function properly. Dehydration can sneak up even in cooler weather, so it's essential to make hydration a priority for your children this season.



# WHY HYDRATION IS ESSENTIAL IN WINTER

- 1. Regulating Body Temperature:** Even in winter, your body uses water to maintain its temperature during outdoor activities or sports.
- 2. Boosting Immunity:** Proper hydration supports the body's ability to fight off colds, flu, and other seasonal illnesses.
- 3. Promoting Healthy Skin:** Dry winter air can strip moisture from the skin, making hydration vital for keeping it soft and healthy.
- 4. Supporting Brain Function:** Staying hydrated helps children focus better in class and retain more information.



# Simple Ways to Keep Your Child Hydrated



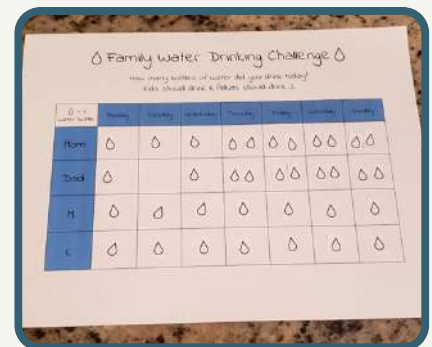
**Track Water Intake:** Encourage kids to drink a glass of water with every meal and snack

**Offer Warm Drinks:** Provide warm options like soups or caffeine-free teas to make drinking more appealing.



**Pack Hydration-Friendly Snacks:** Fruits like oranges, kiwis, and strawberries have high water content and are easy to pack in lunchboxes.

**Set a Family Challenge:** Create a fun hydration chart and reward consistent water intake with small treats or privileges.



**Encourage Refillable Bottles:** A fun, colorful water bottle can motivate children to drink throughout the day.



## Signs Your Child May Need More Water

- Dry lips or flaky skin
- Fatigue or lack of energy
- Irritability or trouble concentrating
- Headaches or dizziness

**If you notice these signs, increase their fluid intake immediately.**

## Let's Stay Hydrated Together!

By teaching our children the value of hydration, we can help them stay healthy and energized throughout the winter.

**Warm regards,**

**DPS Modern Indian School Medical Team**

