

## Keeping the kids hydrated while outside

TUCSON, AZ (Tucson News Now) - If your child plays sports, it's not just injuries you need to look out for right now.

As we watch the mercury rising this summer, keeping a watch on your kids can be key in making sure they don't get dehydrated or get heat stroke. You can start by making sure your child has plenty of fluids every hour.

Dr. Duane Dyson, a local pediatrician, is encouraging parents to make sure kids are drinking 25 to 50 percent more healthy fluids per day. If the kids are tired of water, you can add coconut water or flavored packets.

Signs of dehydration in children can be having a headache or they are very thirsty.

He or she maybe tired and you will want to assess how frequent the child urinates.

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