

## Thorpe Willoughby Childcare Centre



### Hydration of Children Procedure

#### **Purpose of Policy**

Thorpe Willoughby Childcare Centre is committed to maintaining the health of the children through keeping them hydrated throughout the time they are at the setting.

Remaining hydrated at all times helps brain function and concentration.

#### **Who is Responsible?**

All members of the staff team within the setting.

Older children will ask for a drink but younger children may not have the appropriate communication skills to do this.

Therefore the staff team must be responsible for ensuring the children are offered water or milk to drink throughout the day at regular intervals.

When the weather is extremely hot, every 30-40 mins. The staff will ring the “drink bell” and all children will be encouraged to drink.

#### **Procedure**

##### **Both settings:**

Children supply their own drinking cups/bottles, these will be checked regularly to ensure there is always fluid for the child.

- Kept on the side and children offered water every 30 - 40 minutes to maintain hydration
- Children are offered a drink on returning from outside play
- Children fully supervised to ensure cups are not used by other children
- Cups washed and refilled following lunch and whenever the child finishes the drink
- End of day cups are returned to parent on collection of their child

Hydration for the children is vital to maintain health and well-being.

The children need to be hydrated to maintain concentration and brain health within their daily life.

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