



## Hydration of Children Procedure

### Purpose of Policy

Little Dreams is committed to maintaining the health of the children through keeping them hydrated throughout the time they are at nursery. Remaining hydrated always helps brain function and concentration.

### Who is Responsible?

All members of the staff team within the nursery. The children in the older rooms will ask for a drink but children in the younger rooms 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.

### Procedure

#### *0-2's room -*

- Water cups filled first thing and regularly as and when required.
- Kept on the side and children offered water every 30 - 40 minutes to maintain hydration.
- Children to always have access to their water cups or bottles.
- Children fully supervised to ensure cups are not used by other children.
- Cups washed and refilled following lunch and whenever the child finishes the cup.
- End of day cups washed and relabelled ready for the following day's children to use.

#### *1-3's room -*

- Water cups filled first thing and regularly as and when required.
- Kept on the hydration table in the children's line of sight.
- Children offered water every 30-40 minutes.
- Children to always have access to their water cups or bottles.
- Children are fully supervised to ensure cups are not used by other children.
- Cups washed and refilled following lunch and whenever the child finishes the cup.
- End of day cups washed and relabelled ready for the following day's children to use.

#### *2-3's room -*

- Water cups to be labelled and filled in the morning and throughout the day when required.
- Children help themselves to a drink whenever they want.
- Staff team to help find the right cup - encourage letter recognition from the start of their name.
- Staff team to remind the children to drink regularly to remain hydrated.
- Children to always have access to their water cups or bottles.
- Staff to supervise children fully to ensure that they are using their cup every time they have a drink.
- Cups are washed and returned at lunchtime for the children to use in the afternoon.

*3-5's room's -*

- Water cups to be labelled and filled in the morning and throughout the day when required.
- Children help themselves to a drink whenever they want.
- Staff team to remind the children to drink regularly.
- Staff team to help find the correct cup - Early literacy and name recognition.
- Children to always have access to their water cups or bottles.
- Staff team to fully supervise so the children are using the correct cup each time.
- Cups are washed and returned at lunchtime for the children to use in the afternoon.

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.