

Hydration of Children Procedure

Playdays Nursery is committed to maintaining the health of the children through keeping them hydrated throughout the time they are at nursery.

Who is Responsible?

All members of the staff team within the nursery are responsible for ensuring children are kept hydrated, regardless of the season/weather.

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 year old's –

- Water cups are filled first thing and regularly as and when required
- Water cups to be labelled with each child's picture and/or name
- Water cups are kept on the side, in sight of the children, and children are offered water every 30 - 40 minutes to maintain hydration
- Children are offered a drink on returning from a walk and in from the garden
- Children are supervised to ensure cups are not used by other children
- Cups are washed and refilled following lunch and tea, and whenever a child finishes a cup
- At the end of the day cups are washed, sterilised and re-labelled ready for the following day
- Children are offered only water throughout the day and with/in between meals (unless they are formula or breast milk fed)
- Children are offered cows milk, where age appropriate, at snack times.
- The staff team help the children find the right cup, and use this as a learning opportunity e.g. encourage letter recognition from the start of their name
- Younger babies are offered cooled boiled water in either a bottle or an age appropriate cup after meals and between bottles.

2-5 year old's –

- Water cups to be labelled with each child's picture and/or name
- Cups and filled dispenser to be placed where the children can access it
- Children help themselves to a drink of water whenever they want, with support if required
- The staff team remind the children to drink regularly
- Children are offered a drink on returning from a walk and in from the garden



- Children are supervised to ensure cups are not used by other children
- Cups are washed following lunch and tea
- Water dispensers are refilled regularly
- At the end of the day cups are washed, sterilised and re-labelled ready for the following day
- Children are offered only water throughout the day and with/in between meals
- Children are offered cows milk, where age appropriate, at snack times.
- The staff team help the children find the right cup, and use this as a learning opportunity e.g. encourage letter recognition from the start of their name

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.