



Hydration of Children Procedure

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

Remaining hydrated at all times 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 Baby room - • Water cups/ Water bottles 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 are offered a drink on returning from a walk • Children fully supervised to ensure cups/bottles are not used by other children • Cups/bottles washed and refilled following lunch and whenever the child finishes the cup/bottles • End of day cups/bottles washed and relabelled ready for the following day's children to use

1-2's room - • Water bottles filled first thing and regularly as and when required • Kept on the side. • Children offered water every 30-40 minutes and whenever the child requests a drink • Children are offered water on return from a walk or playing in the garden • Children are fully supervised to ensure bottles are not used by other children • Bottles washed and refilled following lunch and whenever the child finishes the bottle • End of day bottles washed and relabelled ready for the following day's children to use.

3-5's room's - • Water bottles to be labelled • 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 bottle

- Early literacy and name recognition • Children to be offered a drink whenever returning from the garden or from a walk • Staff team to fully supervise so the children are using the correct cup/bottle each time • Cups/bottles 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.