

# Children's Health Tips

brought to you by Sutter Roseville Medical Center

Sutter Roseville Medical Center provides women and children in Placer County advanced medical care in a family-centered environment. Sutter Roseville's renowned Family Birthing Center, which was recently updated and expanded, is the only one in the Sacramento region to receive the Maternity Care Excellence Award and a five-star rating from the national consumer group HealthGrades for two consecutive years (2009/2010). In October 2008, it became the first hospital in Placer County to open a Neonatal Intensive Care Unit for preemies and other babies who need specialized care.



*Sutter Roseville  
Medical Center*

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## Preventing Dehydration

From riding bikes, to playing soccer or game of tag with friends, every child enjoys being outside during the summer. And, unlike adults, kids don't often complain about the heat. Because of this it is important for parents and kids to know the signs of dehydration.

Dehydration is caused when the body loses water content and essential body salts such as sodium, potassium, calcium bicarbonate and phosphate.

Dehydration often occurs during an illness such as the flu, but also during the summer when exposed to the sun and heat.

Dehydration is a serious heat illness and children and the elderly are susceptible.

### Symptoms include:

- Thirst
- Fatigue
- Dry mouth and skin
- Headache
- Dizziness
- Decreased urination
- Increased heart rate
- No tears when crying
- No wet diapers for more than three hours

### Prevention:

- Drink plenty of water throughout the day, especially if you're planning on being in the sun
- Drink sports drinks to maintain electrolytes when playing rigorous sports
- Avoid soda and caffeinated drinks as they cause dehydration
- Dress children in light-colored, loose fitting clothing
- Avoid direct sun exposure by using hats, sunglasses, umbrellas and staying in the shade
- Schedule outdoor activities in the mornings and evenings when it's cooler

If your child experiences any symptoms of dehydration, get them out of the sun and begin re-hydration with fluids and water-filled foods such as fruits and vegetables. In extreme cases of dehydration, contact your doctor.

