Drinking less
Feeling thirsty
Tiredness
Dry mouth/lips
Dizziness
Sunken soft spot on head (babies)
Fewer or no tears
Dark coloured pee
Peeing less than 4 times a day or fewer wet nappies
Strong smelling pee

Effects of Dehydration on Children

Dizziness
Headaches
Poor oral health
Poor concentration
Urinary tract infections (UTI)
Increased heart rate (particularly younger children and babies)
Dry skin prone to breakage
Constipation

Spotting the signs and symptoms of dehydration in children

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- Feeling thirsty
- Tiredness
- Dry mouth/lips
- Dizziness
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- Fewer or no tears
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How much should children drink? Depends on age.
- Generally 6-8 cups per day
- Under 5 years 120-150ml cup
- 6 years and above 250-300ml cup

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