

Cooler hydration for children

A Watercoolers Europe fact sheet



Healthy hydration matters. Whilst water is of course not the only source of fluid in our diet, it is arguably one of the healthiest. It is ideal for children because it is calorie-free and good for teeth.



This fact sheet from Watercoolers Europe (WE) guides you on choosing the best water cooler for your particular needs. WE is a federation of associations representing those members who provide water cooler services. WE offers a recognised quality and safety mark. By using an accredited supplier that is a member of WE, or of a national association belonging to WE, you know you are choosing a reliable supplier.

Hydration for children

Children need more fluid than adults per kilogram of body weight. Infants aged six months or less should generally only drink milk but, as children grow, it is a good idea to offer both water and milk. In schools, play areas and even in the home, ensuring children are hydrated via a water cooler is one of the best ways of providing healthy, safe and hygienic hydration – and it's sustainable too. For young children, choose waters that are low or relatively low in sodium.

Benefits of hydration

Healthy hydration helps **the mind**

- Improves concentration
- Helps prevent mood swings
- Aids work performance
- Helps speed reflexes

Hydration helps **the body**

- Improves physical performance
- Helps set good habits for life
- Water helps reduce childhood obesity
- Water contains no sugar or acid so is good for growing teeth

Remind children to drink

We always assume children will know when they need a drink but in fact the thirst mechanism needs to be learnt. Once youngsters feel thirsty, they will already be dehydrated. It is important to remind children to drink

and to drink healthily. Nudge children to drink fluid by providing water in a way that is convenient, which tastes good, is excellent for their health and, above all, fun.

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Can you give guidance on the best way to provide safe hydration?

- Advise children not to wait until they feel thirsty before taking a drink, as by then they are already dehydrated.
- Make sure there is access to a water cooler at all times.
- Encourage water breaks – especially in hot weather or when playing sport.
- Use an accredited water cooler supplier – a member of WE or Member of a national association belonging to WE. Accredited suppliers undergo rigorous, third party annual safety inspections and must follow best practice guidelines.

Which type of cooler is best for my organisation?

Choosing a cooler is easy and your supplier will advise you. Here is a quick guide to making the right selection:

Bottled water coolers	Mains-fed (plumbed-in units)
<ul style="list-style-type: none">• You can move the cooler where needed if necessary (but follow your supplier's instructions)	<ul style="list-style-type: none">• Offers a continuous supply of chilled water
<ul style="list-style-type: none">• You can choose a supplier to offer the kind of water you prefer	<ul style="list-style-type: none">• You have no need to store bottles
<ul style="list-style-type: none">• Requires suitable (cool, dry and dark) storage space for bottles	<ul style="list-style-type: none">• No need for deliveries of water
<ul style="list-style-type: none">• Staff will need to be able to lift the bottles onto the machine	<ul style="list-style-type: none">• Fixed unit and not capable of being moved within your premises

For some premises, a mix of the two types is useful. Whichever type you choose, water coolers are a sustainable means of providing healthy hydration.

The sustainable choice

Bottled water coolers are highly sustainable: most bottles are collected, cleansed and reused many times over whilst main-fed coolers of course use water from the mains.

More information For details visit the WE website www.watercoolerseurope.eu

For further information: