POLICY

Hydration of Children Procedure

Sep 2024
Review 2027

Assunnah Primary School

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Purpose of Policy

Assunnah Early Years 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

2-3's room -

- Water cups to be labelled
- Cups and filled lidded jug placed on shelf for children to access
- Children help themselves to a drink whenever they want
- Staff team to help find the right cup - encourage letter recognition from the start of their name
- Staff team to remind the children a drink regularly to remain hydrated
- Children offered a drink on return from the garden or a walk
- Staff to supervise children fully to ensure that they are using their cup every time they have a drink
- Jug to be refilled regularly to ensure hydration of children
- Cups are washed and returned at lunchtime for the children to use in the afternoon

3-5's room's -

- Water cups to be labelled
- Cups and filled water jug to be placed on table where the children can access it
- 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 cup - Early literacy and name recognition
- Children to be offered a drink whenever returning form the garden or from a walk
- Staff team to fully supervise so the children are using the correct cup each time
- Jugs are to be refilled regularly to ensure hydration of children
- Cups 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.