

## Keeping Kids Hydrated...

**Q** Now that summer is here, how much water should my active child drink?

School Age

**A** This is an important summertime concern as childhood dehydration has been linked to asthma, allergies and to the stunting of growth as well as the increased chances of muscular strains and joint sprains. The intensified physical demands of sports or activities require children to drink more water. Add to this, the environmental demands of summer—such as hot sunny days and stuffy gymnasiums—and childhood dehydration quickly becomes a major health concern.

It is imperative that children consume enough water to compensate for the summer heat and demands of their activities. It is also extremely important for parents and coaches to be able to spot the signs of dehydration, as children tend to overlook these signs.

Signs of Dehydration Include:

- Crankiness and Loss of Mental Focus
- Muscle and Joint Aches
- Headaches
- Fatigue

The million-dollar question is, “How much water should a child drink?” The myth of eight cups of water per day has been debunked. Think about it, a child may weigh 60 pounds and his or her coach may weigh 260 pounds, shouldn’t their water intakes be different? A good rule of thumb for water consumption is to consume “half your body weight in ounces”.

That is, weigh your child in pounds, and then divide their weight in half to find out how many ounces your child should drink. For example, let’s say a teenage soccer player weighs 100 pounds; divide it by two and the new weight is 50 pounds. Now just substitute the pounds for ounces and ta-dah, the soccer-playing teenager should drink a minimum of 50 ounces of water a day. That’s right, a minimum!

The new water rule only takes into account the differences in body weights; however, it does not take into account their activity

levels or their training environments. This means your child will have to increase his or her water intake above the calculated amount. Depending on the type of activity and the temperature of the climate, you may need to have your child drink up to double the calculated amount.

It takes practice to be able to consume and utilize increased amounts of water without feeling waterlogged, especially if your child is playing a sport. Parents and coaches must train children in water consumption, and be sure to keep an eye open for the signs of dehydration, especially in this summer season.

—Jack R. Giangulio, D.C., B.S.

## Symptoms of Postpartum

**Q** It’s been a month since I’ve had my baby and I don’t feel like myself. At times I don’t even feel like I’m in my own body. Is this postpartum? How do I know when to seek professional help?

Mother

**A** I’m glad that you mentioned the term “postpartum.” Yes, you are in the postpartum period, which is considered to be the year following childbirth (not just the first few weeks). It’s important to differentiate “Baby Blues” from postpartum depression (PPD).

“Baby Blues” occurs almost immediately after childbirth (usually three to four days after having the baby) and is characterized by “milder” symptoms, which may include irritability, sadness, emotional outbursts and/or mild anxiety. “Baby Blues” is brought on solely by the abrupt change in hormones following childbirth, and approximately 80 percent of women experience this. The important thing to remember about “Baby Blues” is that it goes away on its own, typically within a couple of weeks.

PPD is different; it can occur anytime within the first year following childbirth, some experts even say it can occur up to a year and a half after giving birth. Postpartum depression is commonly characterized by symptoms such as insomnia (not being able to sleep, even when your baby is sleeping), a change in weight (usually

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# About the Experts



Jack R. Giangiulio, D.C. is a chiropractor considered to be one of the leading authorities in the field of dance injury and youth sports. For more information about Dr. Giangiulio and his practice in Newport Beach, CA, go to [www.danceinjurydoctor.com](http://www.danceinjurydoctor.com)



Dr. Rick Meeves, Ph.D., LMFT, the Director of Clinical Services for Adolescents for CRC Health Group, the most comprehensive network of specialized behavioral healthcare services in the nation with doctors located throughout the Orange County area.  
[www.crcbealth.com](http://www.crcbealth.com)



Elisabeth is a licensed marriage and family therapist in private practice in Costa Mesa. She has served as Orange County Coordinator for Postpartum Support International (PSI) since 2005. To learn more about Elisabeth, visit [www.elisabethfarnsworth.com](http://www.elisabethfarnsworth.com).

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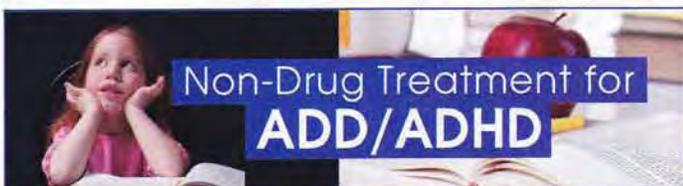
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