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**Article for stakeholder use**

**New children’s hydration campaign launched**

The Scottish Urinary Tract Infection Network (SUTIN+), which is part of Health Protection Scotland’s Community Health Protection Programme, has launched a children’s hydration campaign – Think2DrinkH20 - which aims to highlight the importance of good hydration for children and young people.

Getting the right amount of water can make a difference to the way we all feel, think and function and adults play a vital role in helping children stay hydrated.

The amount of water children need depends on age as well as physical activity and weather – but around six to eight cups/mugs is the ideal amount per day\*. Children who don’t consume enough fluid may suffer headaches, poor concentration, low energy, dizziness, constipation and urinary tract infections – as well as poor oral health, dry skin and in babies, an increased heart rate.

Think2DrinkH20 has been developed by child specialists, education and NHS partners and national organisations including SUTIN, the Care Inspectorate, Quarriers, NHS 24, NHS Health Scotland, the Scottish Antimicrobial Prescribing Group and the Scottish Government.

SUTIN have produced a range of useful campaign materials that can be used in a range of settings including health, education and at home – find the resources (which include a healthy pee chart, record card and posters) on the [Health Protection Scotland website.](https://hps.scot.nhs.uk/web-resources-container/children-s-think2drinkh2o-hydration-campaign-materials/)

***+ SUTIN is part of the Community Antimicrobial Resistance and Healthcare Associated Infection programme.***

***\*under 5 years 120-150ml cup; 6 years and above 250-300ml cup.***