Children's Health Minute **Air Dates: Week of June 19, 2006**

"Danger! Dehydration" **Spot # CHMJE06C**

Dr. Hellerstedt: Texas temperatures are on the rise. And hotter days mean it's important to get your kids enough water to drink.

Hi, I'm Dr. John Hellerstedt with the Children's Health Minute -- connecting families with Children's Medicaid and CHIP.

Dehydration can be a serious problem in children, but one that can be prevented. Encourage your child to drink plenty of water. An active child loses water through sweat and breathing hard.

If your child participates in outdoor sports activities, make sure they take water breaks every fifteen minutes. It's also a good idea to get them in the habit of bringing water along with them to practice or games.

Finally, never use soda or juice as substitutes for water. Remember: water is your child's best refreshment when the weather is hot.

Announcer: Keep your kids healthy. Call toll-free 1-877-KIDS NOW to apply or when it's time to renew your children's health insurance. Six months of coverage for all your children costs just 50 dollars or less, but most families pay little or nothing. That's 1-877-KIDS NOW.