**Hydration of Children Policy**

**Purpose of Policy**

Rainbow Nursery is committed to maintaining the health of the children through keeping them hydrated throughout the time they are at nursery. 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.

**Responsibility**

The older children will ask for a drink and have the opportunity to independently fill their water bottles but children in the younger rooms may not have the appropriate communication skills to do this. Therefore, the staff must be responsible for ensuring the children are offered water to drink throughout the day at regular intervals.

**Implementation**

0-2 Years

* Children’s water cups filled first thing and regularly as and when required.
* Cups will be kept accessible for children and staff should offer water every 30 minutes to support children to maintain hydrated.
* Children will be fully supervised to ensure cups are not used by other children.
* End of day cups washed and relabelled ready for the following day's children to use.

2-3 Years

* Children’s water cups/bottles to be labelled and filled in the morning and throughout the day when required.
* Cups/bottles should be kept accessible for children help themselves to a drink whenever they want - staff team to help find the right cup.
* Staff team to remind the children to drink regularly should offer water every 30 minutes to support children to maintain hydrated.
* Staff to supervise children fully to ensure that they are using their cup/bottle every time they have a drink.
* End of day cups/bottles washed and relabelled ready for the following day's children to use.

3-5 Years

* Children’s water bottles to be labelled and filled in the morning and children have to opportunity to independently refill throughout the day when required.
* Bottles should be kept accessible for children help themselves to a drink whenever they want - staff team to help find the right cup.
* Staff team to remind the children to drink regularly.
* Staff team to fully supervise so the children are using the correct bottle each time.
* End of day cups/bottles washed and relabelled ready for the following day's children to use.

**Date Completed: October 2023**

**Review Date: October 2024**

*This policy will be monitored in line with relevant legislation and good practice guidelines.*