

Headaches and Liquids

Children who have headaches should drink a lot of water every day. Drinking more water every day is a simple step that may make a big difference in your child's overall health and improve their headaches.

Follow the guideline below:

Age	Amount of water every day
Under 12 years old	48 ounces
12 years and older	68 ounces

What are some tips to increase water intake?

- Get a special water bottle to carry to school and when away from home
- Drink out of a bottle to track how much water your child drinks each day instead of using the water fountain.
- If your child is sick with a fever, diarrhea (liquid poop), or throwing up, they need to drink more water to replace what they're losing.
- Mix fruit juices with water: half juice and half water
- Drink 1 cup of water before they get out of bed each morning and another before they go to bed at night
- Drink 2 full glasses with each meal: 1 before and 1 after eating
- Try sipping from a straw: this may help them drink more
- Add any favorite fruit to your child's bottle or cup
- Eat foods with a lot of water in them, like watermelon or tomatoes. Both of these are made with over 90 percent of water and they are delicious and healthy for your child! In general fruit contains the most water, followed by vegetables.
- Being active means your child needs to drink more liquids. Be aware of your child's fluid intake and schedule regular drink breaks when they are playing outdoors, particularly in hot weather.
- If planning a day with a lot of activity or being out in the heat and sun more than usual, drink an extra bottle of water the day before to prepare!

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Author: Neurology Headache Clinic | Approved by Patient Education Committee | Valid through 2026

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