

# Hyperhydration for Kids With PH

## Why drinking lots of water (hyperhydration) matters for kids with primary hyperoxaluria (PH)

Drinking a lot of water dilutes urine, which reduces the chances of damaging calcium oxalate crystals being formed in the kidneys. These crystals can lead to kidney stones and kidney damage.

Up for a sticker challenge? Use page 2 of this printout to help motivate your child to meet their daily water goals. Visit [UnderstandingPH.com](https://www.understandingph.com) for 10 ways to help kids drink more water and tips for handling bedwetting.

## Recommended daily water intake

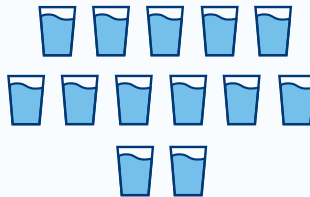
### Infants/Small Children

**34-51 ounces, 1-1.5 liters,  
or 4-6.5 cups** of water/day



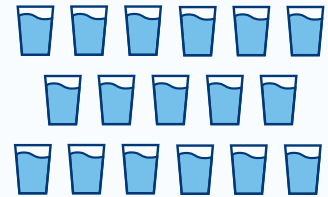
### School-age Children

**68-101 ounces, 2-3 liters, or  
8-13 cups** of water/day



### Older Adolescents

**135 ounces, 4 liters,  
or 17 cups** of water/day



## Getting a 504 plan for water and bathroom breaks at school

Drinking enough water can certainly be a challenge for children, but so can dealing with all the necessary bathroom and water breaks. A **504 plan** can help make it easier for kids to get the accommodations they need to succeed in school.

Step  
**1**

Document your child's needs and provide evidence of a disability

Include any records of a medical diagnosis. Under Section 504, an individual with a disability is defined as a person who: (1) has a physical or a mental impairment that greatly limits a major life activity, and (2) has a record of this impairment or is regarded as having this impairment. Under this law, major bodily functions are considered major life activities.

Step  
**2**

Contact the school's 504 coordinator

Step  
**3**

Make a formal written request for a 504 plan

Step  
**4**

Work with the school on a plan

Visit [UnderstandingPH.com](https://www.understandingph.com) to learn more about 504 plans.

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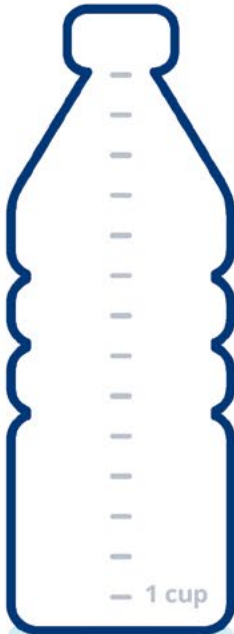


# Let's Get Hydrated!

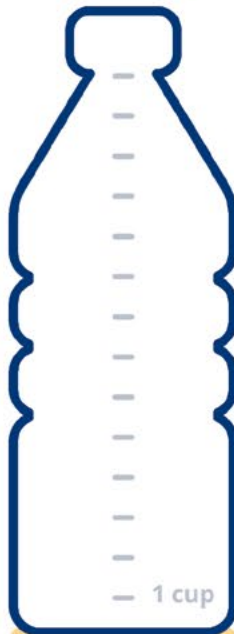
Use color-coded stickers or markers to fill up the bottles with each cup of water you drink.

**My doctor says I need to drink  
\_\_\_\_\_ cups of water every day**

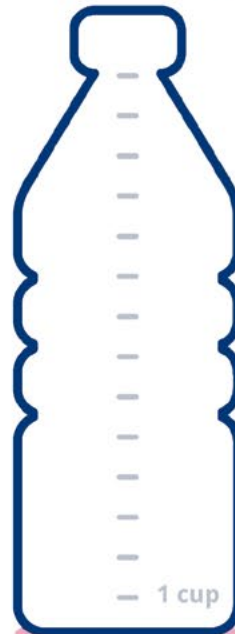
**Monday**



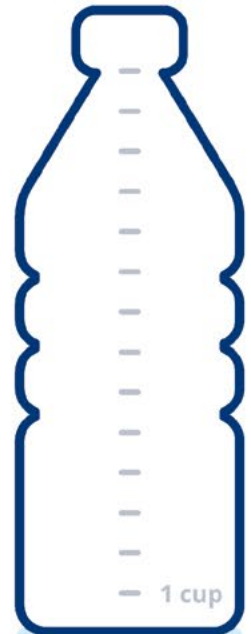
**Tuesday**



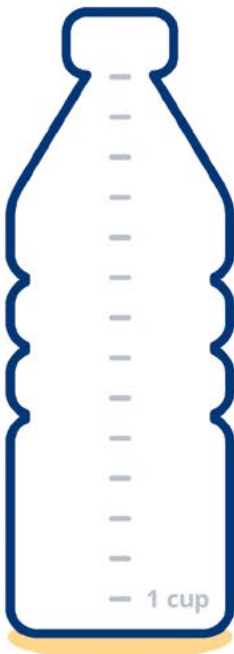
**Wednesday**



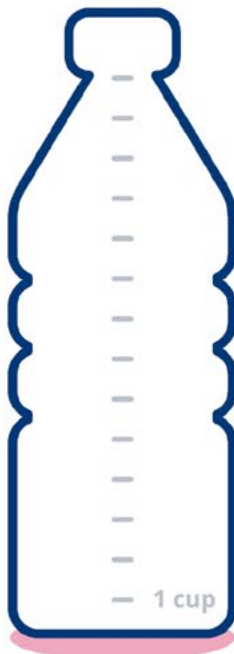
**Thursday**



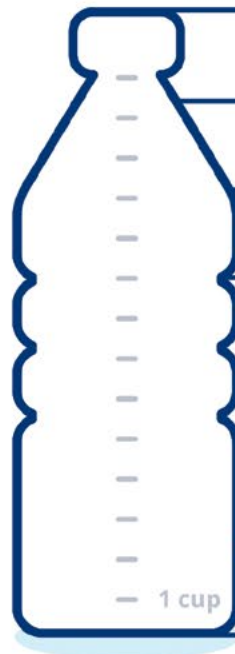
**Friday**



**Saturday**



**Sunday**



**Amazing job!**



**You got this!**



**Crushing it!**



**Keep helping  
your kidneys!**



**Help prevent  
those stones!**



**Drinking like a champ!**



**Keep drinking!**



**Let's go!**

The bottles are for representation purposes only.