

Dr. Nancy: Hello everybody. Happy Saturday. I want to welcome everybody to our new format. Just a Mommy Minute. So we're going to try to get some hot tips done in just a minute and watch this to the end. If you only have a minute, I'm going to fill it with some good tips, and then at the end watch, I'm going to show you a video experiment I did and then I'm going to give you some information on how you can get some more information. So we're going to talk about dehydration today. So I'm going to start my timer. We have a minute, we'll see how that goes.

Dr. Nancy: So causes of dehydration. First of all, water cannot replenish itself, so we need to replenish it for us in the body. And our body really needs the water. So things that can cause dehydration is diarrhea, vomiting, maybe a sore throat, because it hurts to swallow, excess sweating or just not enough water intake during the day.

Dr. Nancy: So I'm going to go over children's symptoms. Sometimes in children they'll have headaches, they'll have dry cool skin, they'll be drowsy and they could be excessively thirsty. And they might be sleepy. And infants, same thing, sleepy, they might be irritable, thirsty, decreased wet diapers, decreased tears, how they poop, you know the little small round rabbit poop. And then the soft spot on their head might be sunken. So how to rehydrate? Oh, I already went over a minute. Okay. That's a fail already.

Dr. Nancy: So how to rehydrate. You can use coconut water, kombucha, sea salt and lemon. If somebody is severely dehydrated, just small sips throughout the day. I'm going to show you a video. How to test for some dehydration. This is an adult. I think you can test it in children too. But I did this experiment on my skin. I drank a very strong cup of coffee, which coffee is known to also dehydrate you. And then I drank some electrolytes and then I retested my skin so I can just see if I can get this to work. This is the first time doing this. So let's see how this goes.

Dr. Nancy: So you'll notice when I first pinched the skin and see how slow it goes down, I'll do it again. It goes down slow. Okay. So then I drank my electrolytes and then I will show you how afterwards, you'll notice the skin goes down, snaps back a lot faster. So we'll put this video in the comments if you want to rewatch it. Okay?

Dr. Nancy: So again, thank you for watching Mommy Minute. I went two minutes. I'm going to try to keep these short and full of meat and potatoes, but we do want you to have more information, especially how to know if you need to go to the emergency room and get your child some IV fluids. So thank you so much for joining me on my first Just a Mommy Minute. These will get better as we go along, but stay tuned next week to see what we have for you. Thank you.