

MASAFI PURE MORNINGS

# THE FAMILY HYDRATION GUIDE

Simple hydration advice for UAE families

Build an easy family routine, recognise common signs of dehydration and stay prepared for Dubai's climate.

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# Why family hydration matters

Hydration advice can feel confusing. One source recommends a fixed number of glasses, while another explains that needs vary with age, activity, weather and health. This guide brings the most useful information together in one practical resource for UAE households.



## HOT WEATHER

Children may need extra fluids during hot days, outdoor play and sport.



## BUSY ROUTINES

School, commuting and activities can make it easy to forget to drink.



## VISIBLE HABITS

Water is easier to remember when it is prepared, visible and linked to daily routines.

### A useful rule:

Offer water regularly instead of waiting until a child says they are very thirsty.

# Build a simple family routine

## MORNING

- Offer water after waking up.
- Serve water with breakfast.
- Place bottles beside school and work bags.

## DAYTIME

- Encourage drinking at school or work breaks.
- Pack extra water for sport and outdoor activities.
- Refill bottles before travelling home.

## EVENING

- Serve water with dinner.
- Prepare bottles for the next morning.
- Use the tracker and celebrate consistency.

# Signs of dehydration

## THIRST

Asking for water more often than usual.

## DRY MOUTH

Dry lips, tongue or a sticky mouth.

## DARK URINE

Darker, stronger-smelling urine.

## FEWER TOILET VISITS

Urinating less often than normal.

## LOW ENERGY

Unusual tiredness or reduced activity.

## HEADACHE

Headache, dizziness or poor concentration.

## IRRITABILITY

Being unusually sleepy, unsettled or irritable.

## SEEK MEDICAL HELP URGENTLY IF

A child is confused, extremely drowsy, has very little urine, has sunken eyes, is breathing quickly or cannot keep fluids down.

# Understand the water you choose

## 1. SOURCE

Look for clear information about where the water comes from.

## 2. MINERAL CONTENT

Review naturally occurring minerals such as calcium and magnesium.

## 3. SODIUM

Check the sodium level when this matters for your family's dietary needs.

## 4. PACKAGING

Check the seal, dates, storage guidance and recycling information.

## MASAFI PURE MORNINGS TIP

Choose water that is safe, clearly labelled and easy for your family to drink consistently.

## Dubai summer hydration tips

**START PREPARED**

Drink water before leaving home.

**PACK ENOUGH**

Take extra water for school days, sport and outdoor activities.

**DO NOT WAIT FOR THIRST**

Offer water at regular times.

**KEEP IT VISIBLE**

Place bottles on the breakfast table or beside bags.

**PLAN AROUND ACTIVITY**

Drink before, during and after outdoor play or exercise.

**STORE IT WELL**

Avoid leaving bottled water in direct sunlight or a very hot car.

# Daily family hydration tracker

Tick each box when a family member completes a hydration moment.

| Family member | Wake-up                  | Breakfast                | Mid-morning              | Lunch                    | Afternoon                | Dinner                   |
|---------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Parent 1      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Parent 2      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Child 1       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Child 2       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

TODAY'S FAMILY GOAL: \_\_\_\_\_

WHAT HELPED US REMEMBER TODAY?  
\_\_\_\_\_

# Make Masafi part of your pure morning

## Small habits. Real routines. Better mornings.

Healthy hydration does not require a perfect schedule. Small, repeatable habits are easier for families to maintain.

- Place Masafi water on the breakfast table.
- Prepare school bottles the night before.
- Keep water visible throughout the day.
- Use regular drinking reminders.
- Complete the family tracker together.

**A BETTER MORNING CAN BEGIN  
WITH ONE GLASS OF WATER.**

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### MASAFI PURE MORNINGS

Stay prepared. Stay hydrated. Make every morning a pure morning.