## Ways To Ways To Prevent Dehydration In Nursing Moms



Keep a water bottle nearby and drink water regularly to stay hydrated Use an alarm or app to remind you to drink water if you tend to forget

Add lemon juice or fruit juice to water to make it more palatable



Avoid caffeinated and sugary drinks that can cause dehydration

Consume high water content foods to stay hydrated without adding extra calories



Source: https://www.momjunction.com/articles/dehydration-while-breastfeeding\_00353121/