



Water Intoxication in Infants

Infants up to 1-year-old can be given too much water and suffer from “water intoxication” or overhydration. Because their body composition is different from that of adults, infants are more vulnerable to water imbalance.



Water intoxication, a life-threatening condition, can occur in breastfed or formula-fed infants who are fed excessive amounts of water. Also, infants fed excessive water will not receive adequate calories to meet their needs for growth and development.



While your baby is still breast or formula feeding, he/she is getting all the water he/she needs from breastmilk or formula. It is recommended that babies 4-6 months of age have no more than

2 oz of water per day in addition to breastmilk or formula. Once your baby starts eating more solid foods, he/she can have more water.



Water Intoxication in Infants

Infants up to 1-year-old can be given too much water and suffer from “water intoxication” or overhydration. Because their body composition is different from that of adults, infants are more vulnerable to water imbalance.



Water intoxication, a life-threatening condition, can occur in breastfed or formula-fed infants who are fed excessive amounts of water. Also, infants fed excessive water will not receive adequate calories to meet their needs for growth and development.



While your baby is still breast or formula feeding, he/she is getting all the water he/she needs from breastmilk or formula. It is recommended that babies 4-6 months of age have no more than

2 oz of water per day in addition to breastmilk or formula. Once your baby starts eating more solid foods, he/she can have more water.



Water Intoxication in Infants

Infants up to 1-year-old can be given too much water and suffer from “water intoxication” or overhydration. Because their body composition is different from that of adults, infants are more vulnerable to water imbalance.



Water intoxication, a life-threatening condition, can occur in breastfed or formula-fed infants who are fed excessive amounts of water. Also, infants fed excessive water will not receive adequate calories to meet their needs for growth and development.



While your baby is still breast or formula feeding, he/she is getting all the water he/she needs from breastmilk or formula. It is recommended that babies 4-6 months of age have no more than

2 oz of water per day in addition to breastmilk or formula. Once your baby starts eating more solid foods, he/she can have more water.

How can I prevent water intoxication?

- Don't dilute formula with water unless directed to do so by your child's doctor. In addition to creating water intoxication, adding more water than the can says will make the formula too weak and your baby will not get proper nourishment.
- Always follow the written instructions on the infant formula when preparing formula for your infant.

What are symptoms of water intoxication?

- Irritability
- Puffiness or swelling
- Seizures
- Sleepiness
- Hypothermia

For more information, please contact your Health Department nurse.

220 W. Garfield Ave. 209 Portage Dr.
Charlevoix, MI 49720 Bellaire, MI 49615
231-547-6523 231-533-8670

205 Grove St. 95 Livingston Blvd.
Mancelona, MI 49659 Gaylord, MI 49735
231-587-5052 989-732-1794

3434 M-119, Suite A
Harbor Springs, MI 49740
231-347-6014



Or visit www.wichealth.org

USDA is an equal opportunity provider and employer.

How can I prevent water intoxication?

- Don't dilute formula with water unless directed to do so by your child's doctor. In addition to creating water intoxication, adding more water than the can says will make the formula too weak and your baby will not get proper nourishment.
- Always follow the written instructions on the infant formula when preparing formula for your infant.

What are symptoms of water intoxication?

- Irritability
- Puffiness or swelling
- Seizures
- Sleepiness
- Hypothermia

For more information, please contact your Health Department nurse.

220 W. Garfield Ave. 209 Portage Dr.
Charlevoix, MI 49720 Bellaire, MI 49615
231-547-6523 231-533-8670

205 Grove St. 95 Livingston Blvd.
Mancelona, MI 49659 Gaylord, MI 49735
231-587-5052 989-732-1794

3434 M-119, Suite A
Harbor Springs, MI 49740
231-347-6014



Or visit www.wichealth.org

USDA is an equal opportunity provider and employer.

How can I prevent water intoxication?

- Don't dilute formula with water unless directed to do so by your child's doctor. In addition to creating water intoxication, adding more water than the can says will make the formula too weak and your baby will not get proper nourishment.
- Always follow the written instructions on the infant formula when preparing formula for your infant.

What are symptoms of water intoxication?

- Irritability
- Puffiness or swelling
- Seizures
- Sleepiness
- Hypothermia

For more information, please contact your Health Department nurse.

220 W. Garfield Ave. 209 Portage Dr.
Charlevoix, MI 49720 Bellaire, MI 49615
231-547-6523 231-533-8670

205 Grove St. 95 Livingston Blvd.
Mancelona, MI 49659 Gaylord, MI 49735
231-587-5052 989-732-1794

3434 M-119, Suite A
Harbor Springs, MI 49740
231-347-6014



Or visit www.wichealth.org

USDA is an equal opportunity provider and employer.