



## Drink Water for Thirst!

Providing healthy drinks for kids will help them form good habits for the future.

Water keeps active toddlers and preschoolers hydrated. It is best for quenching thirst and it doesn't fill their small stomachs with empty calories. Infants (0-11 months) should only have breastmilk or formula and do not need additional water to stay hydrated.

### Benefits of Drinking Water

- Keeps kids hydrated
- Reduces acid in the mouth that can cause cavities
- Can help growing toddlers and preschoolers maintain a healthy weight

It's best to serve milk with meals, but water should be made available too.

Have water visible and available inside and outside for them to serve themselves.

### Tips to Make Water Easily Available

- Have child-size water pitchers in each classroom and let kids serve themselves.
- Use a shower caddy to carry water and cups outside. Investing in a small portable water cooler for outside use is a great idea too.
- Have small cups available. Encourage and teach children to drink water from open cups.
- If water fountains are available, allow children to take water breaks or refill cups throughout the day.

### Tips to Make Drinking Water Fun

- Try adding fruit slices or berries to water for extra taste. Make sure what you add is large enough so it doesn't pose a choking risk to children.
- Have children create a collage with pictures from magazines showing water and kids being active. Display in the learning area.
- Select a child to be the "water helper" for the day.

Adapted from: Let's Move Child Care. 5 Healthy Goals: Provide Healthy Beverages. March 26, 2015.  
Available at: <https://healthykidshealthyfuture.org/5-healthy-goals/provide-healthy-beverages/>



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