

Hints for Parents

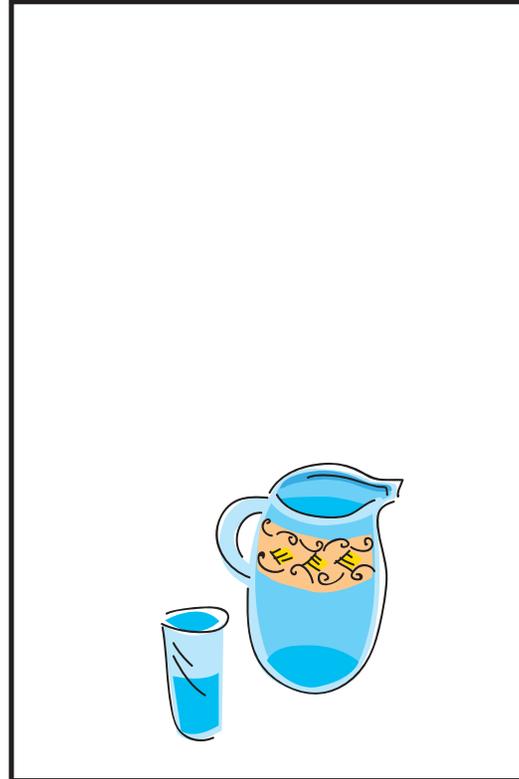
It may take time for your child to like drinking water. To begin, buy less soda and sugary drinks.

Then, make drinking water fun:

- Serve water in a fun, colorful cup.
- Use water bottles.
- Add seltzer water to fruit juices.
- Offer water with a straw.
- Mix fruit and ice in a blender for a cool slush. Blend well and remove any ice chunks before serving.



Just for Kids



Draw yourself.

Draw a picture of yourself about to enjoy a cool glass of water.

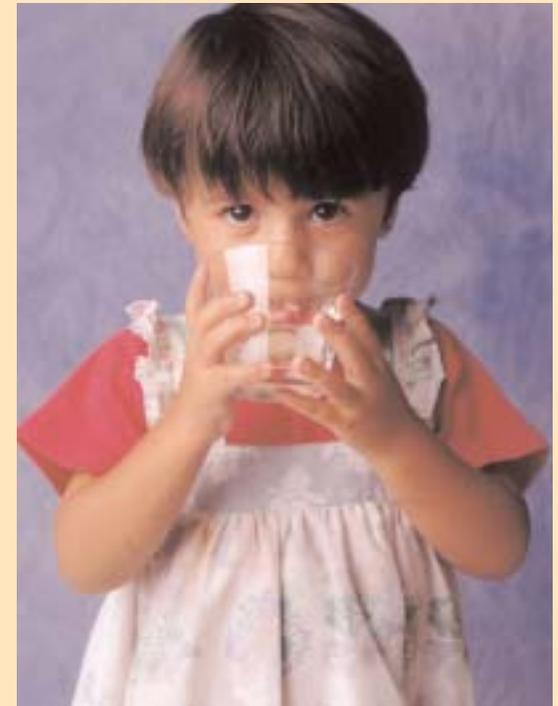


VDH VIRGINIA
DEPARTMENT
OF HEALTH
Protecting You and Your Environment

This institution is an equal opportunity provider.

2 years and older

Pour good health into your child:



serve water.

Water— pure and simple.

Water is quick and easy:

- no mixing or sticky spills
- doesn't stain carpet or clothing.

Watch your child grow and glow.



Water helps your child...

- stay cool
- satisfy their thirst
- keep a healthy weight
- move waste out of the body.

Limit sweet drinks.

Children who drink a lot of soda and fruit flavored drinks (such as Kool-Aid® and Hi-C®) may:

- be too full to eat healthy foods at meals and snacks;
- have trouble keeping a healthy weight;
- get more cavities.



Pour good health into your child.

What should you give your 2–5 year old to drink?

- **Water.** Water is good for your child anytime. Try serving water at snacks and after active play.
- **Low-fat Milk.** Your child needs 2 cups each day (16 ounces total).
- **100% Juice.** Give only one small cup of juice a day (4–6 ounces).

Set a good example for your child.
Drink water!

Water safety tips.

Most tap water is safe for healthy children and adults. If you are concerned about your water, ask the health department about having it tested.

- Lead may be in your water if you have old plumbing. Let water run until it is cold before drinking or cooking with it. Warm water absorbs more lead.
- Tell your dentist if you usually drink well water or bottled water. You may need fluoride drops.

Fill your glass!

Color the sections of the glass that show how you plan to offer your child more water this month.

