

West Virginia WIC's "Learning for Health" Project

Lesson #3

I'm Thirsty!

This session includes information on why a variety of fluids are important for kids and adults with a special emphasis on drinking enough water each day. Will include information on milk and 100% juices. Specific tips will include easy ways to increase intake of water throughout the day.

Learning Objectives

At the end of this session, adult will be able to:

1. Explain the kinds of drinks that are needed every day - milk, 100% juices and water.
2. Explain how much water is recommended every day for adults - 8 glasses of water a day.
3. Brainstorm a list of creative ideas for drinking more water every day.
4. Choose at least one idea to use for the next 24 hours.
5. "Practice" drinking more water during the education session by using the portable water bottle provided (education piece with tips printed on the bottle as alternative to paper handout).

Materials

- Lesson Plan Posters (2)
- Copies of Parent Fact Sheet (1 two-sided sheet)
- Water bottles with nutrition messages.
- Sample serving sizes for adults and children (glasses, food models)
- Easel, flip chart and colorful markers

Preparation

- Set up room in an informal way - chairs in a semi-circle if possible.
- Hang up the posters so all the group participants can see them easily OR you can attached the posters to an easel and show them at the appropriate time.
- Prepare supplies for at least one easy physical activity idea.

Introduction

- Introduce yourself and welcome everyone.
- Explain the purpose of the group and the estimated time.
- Have each group member share his or her name and their favorite thing to drink.

Discussion Questions

How many of you hear “I’m Thirsty” throughout the day?

This is a good thing! Kids get thirsty and you can give them really great things to drink.

What do you think are the very best things to give your child to drink?

List the ideas. Things that might be mentioned:

- Milk
- Juice
- Water
- Juice drinks
- Kool Aid
- Lemonade
- Soda
- Cola
- Other.....

What about you - what are the best things for you to drink?

List the ideas for adults.

Let’s look at the lists. Are there drinks that you know are much better for your child and for you? Why are these better choices?

Discuss the pros and cons of drinks listed. Discussion might include:

- Limiting juice to 1 serving a day
- High-sugar drinks
- Using a cup for drinks for children rather than a baby bottle
- What to do if child does not like to drink milk or is lactose intolerant.

Kids and adults need to drink plenty of fluids every day. You can make sure your family feels great and has the energy they need by offering MILK, 100% JUICE and PLENTY of WATER every day.

Sometimes, children get playing so hard and are so focused on what they are doing that they may not tell you that they are thirsty. Offer milk and water several times throughout the day. Make sure your child's day care provider also offers milk and water several times a day.

How much is enough?

How much milk does a young child need each day?

- 4 servings (1/2 cup for children)

How about adults? How much milk do you need every day?

- 2-3 servings (1 cup) for adults
- 4 servings for a pregnant mom
- 5 servings for a breastfeeding mom

How much juice for a child and for an adult?

- Stress that 1 serving is enough for a child (1/2 cup) and an adult (3/4 cup)

How much water for a child and an adult?

- Several glasses a day for children
- 8 glasses a day (8-ounce glasses or 64 ounces)

Use food models and/or sample glass sizes to visually show the serving sizes.

What are some ways that you and your child can EASILY drink more water every day?

Tips from handout:

- Carry a water bottle with fresh tap water where ever you go!
- Keep a bottle or jug of tap water in the fridge to keep it cool and refreshing!
- Enjoy a glass of ice water with a slice of lemon.
- When you feel hunger, drink a cool glass of water before you eat something—you may not be hungry after all!
- Whenever you pass a water fountain, take a drink and help your child get a drink, too.

Activity

- Nutrition educator can hand out water bottles that have been filled with tap water and chilled (tap water can be chilled prior or filled bottles can be put in fridge to cool). Encourage participants to use their water bottles throughout

the session.

- Nutrition educator can hand out empty water bottles and at the end of the session, let the participants know where they can fill up their bottles before they leave the WIC office.
- Have the ingredients for the Octopus Bubble recipe so that parents and children can make and taste this refreshing drink.

Evaluation/Wrap-up

- Here is something that you might be interested in (hold up copy of fact sheet if not passed out already). It includes many of the things we talked about today.
- Who would like one? (pass out to interested participants)
- What things look familiar from our discussion today?
- What is one thing that you can do right away to drink enough water, milk and 100% juice?
- Thank them for coming to the group and participating. Let them know that they can call you or stop by for more information whenever they wish.

Additional Resources:

WATER BOTTLE - 16-24 ounce water bottle with push/pull top to prevent spills. Imprinted with the following messages:

**WATER – a very cool drink!
Fill It Up...with WATER!**

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