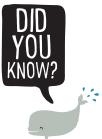# DRINK WATER

DID YOU KNOW?

Did you know that three-quarters of a child's body is made of water? And 90% of your brain is water! That's why kids need to drink lots of water to feel good and have the energy to learn and grow.

Give your child water to drink every day.

Water gives us energy because it **carries nutrients and oxygen to our cells.** You might think that juice, soda, or energy drinks are a good choice when you are thirsty. But sugar-containing beverages like these are not healthy.

Many drinks have a lot of sugar in them, which means they also have a lot of calories. **Extra calories can make a child gain weight and can cause adult health problems** like diabetes, high blood pressure, and heart disease.

The good news is that just being aware of how many sugary beverages we drink can help us make small changes that add up to make a **BIG** difference in our health.

Here are a few ideas to help you and your kids drink more water:

1. TRACK HOW MANY SUGARY BEVERAGES YOU DRINK IN A DAY. Can you replace one each day with water?

2. CHECK THAT YOUR KIDS HAVE ACCESS TO WATER AT SCHOOL & HOME.

Buy them a refillable water bottle, or let them choose their own special water bottle. Make sure they know how to get water at school and at home. Are there other ways you can think of to make water the fastest, easiest option?

3. SHOW YOUR KIDS HOW MUCH SUGAR IS IN ONE SODA. A typical 12 ounce can of soda has about 15 teaspoons of sugar. Measure that out with your kids. Do you want to put that much sugar in your body?

4. SET A GOOD EXAMPLE. Let your kids see you drinking water instead of soda or juice. Kids are more likely to do what we do.

5. MAKE WATER FUN. Add frozen fruit, cucumbers, or mint to add flavor and color to your water. Let your kids try new combinations and experiment

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FUN WAYS TO DRINK WATER

Try these fun ideas to make drinking water fun:

- ☐ **GET A FUN WATER BOTTLE**
- ☐ **ADD FROZEN FRUIT**
- ☐ **ADD CUCUMBERS**
- ☐ **ADD MINT**
- ☐ **COLOR YOUR WATER**

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