



Tips for Helping Children to Drink More Water

- Keep plenty of cold water available.
- Put a pitcher or water bottles in the refrigerator and offer them frequently.
- Avoid buying sweetened drinks like soda and fruit punch.
 - If cold water is the only beverage available, that's what your child will drink.
- Pack a water bottle rather than a juice box in your child's school lunch.
- Keep water bottles in the car.
- Encourage children to fill up their Daily Chart with vinyl cling photo markers included in their **Meal & Motion Markers Kit** each time they drink a cup of water.
- Encourage children to mark off a water photo from their **Meal & Motion Markers Dry Erase Flip Chart** each time they drink a cup of water.