

WannaBee Healthy?
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Be Smart!
Be Active!
Be a Leader!

Juicy, Juicy You! Encouraging Children to Drink More Water

Helping young children develop healthy habits like drinking more water can be challenging for families and teachers. Use the information below to engage young children in activities and teach them about good health habits.

You are living and growing every day! Almost 60% of your body is made of water. We also need water because:

- Drinking water helps us stay alive.
- Drinking water helps us fight off illness and stay healthy.
- Drinking water helps us digest our food and eliminate waste (poop).

As you move around and play, your body loses water through sweat, breathing, and elimination. It is very important to replace the water you lose. You can do that by making sure you drink water throughout the day.


You should drink more water when:

- You are being active.
- You are in a hot climate.
- You have a fever.
- You are sick and have diarrhea or are vomiting.

Often children request other beverages because of flavor or sweetness. Encourage children to drink water by infusing it with fruit. See the recipe to the right for tasty water combinations.



Sunny Smart says
"drink more water!"



Have a cup of fruit water!

Ingredients:
1½ small oranges, sliced thinly
½ gallon of water

Directions:
Adults: Pour ½ gallon of water into a pitcher. Slice oranges in circles (width wise), very thin.

Have your child place the oranges in the water. Stir water. Place water in the refrigerator for about one hour to chill. Pour into a glass and enjoy!
To make other fruit waters, try lemons, limes, apples, berries, peaches, and kiwi.

Recommendations for how much fluid, including water, a child may need will vary. Please ask your child's doctor about daily fluid requirements.

Mayo Clinic. (2014). Water: How much should you drink?
DC (2014). Water & Nutrition. Retrieved from: <http://www.cdc.gov/healthywater/drinking/nutrition/index.html>



EXTENSION



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