

# WHY should kids #ChooseWater?

Water is a great drink choice for kids!



**It's super healthy:**

0 calories & no added sugar



**It's good for the body:**

helps keep joints healthy, good for teeth, helps blood circulate



**It's good for the mind:**

Staying hydrated helps concentration and focus

# WHEN should kids #ChooseWater?

At all ages!

**6-12 months**



**4-8 oz** a day

**12-24 months**



**8-32 oz** a day

**2- 5 years**



**8-40 oz** a day

■ **Any time of day** is a good time to drink water – try it with a snack!

■ Before, during and after exercising or playing a sport

■ When it's hot outside

# HOW to help your kids #ChooseWater

■ You are your child's **best role model.**

When you set a good example, your child learns healthy habits.



■ **Start the water habit early!**

Kids who drink water early are more likely to keep drinking it as they get older.

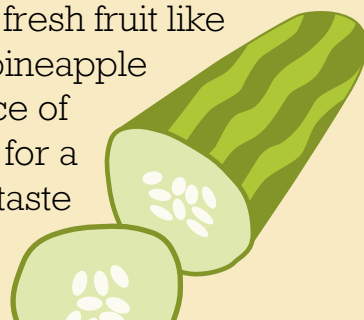


■ Make using water bottles fun – **decorate them!** Give them as gifts! Let them pick out their own!



■ **Change up the flavor**

by adding fresh fruit like lemon or pineapple or try a slice of cucumber for a fresh new taste



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