

Good for kids

good for life



When it comes to thirst...

Drink water first!

Drinking tap water is the best way to quench thirst without getting the sugar and kilojoules found in fruit drinks and juices, soft drinks, sports drinks and flavoured mineral waters. Drinking tap water instead of sweetened drinks helps prevent dental problems and the fluoride found in tap water also helps children develop strong teeth. Tap water is also less expensive than many other drinks.

Do you know?

Children who regularly drink soft drink and other sweetened drinks are more likely to be overweight and have dental problems.

Remember

If you always offer sweetened drinks, children will be less likely to choose plain water.

Ideas

to encourage your child to drink more water

- Pack a bottle filled with tap water whenever you go out.
- In summer, put a frozen water bottle in your child's lunch box.
- Have cold tap water available at all times at home instead of sweetened drinks.
- Try adding a slice of orange, lemon or lime to a jug of cold tap water.
- When participating in sports, encourage your child to drink water rather than sports or energy drinks.
- Gradually water down juices, sports and energy drinks and cordials until your child is happy to replace these with tap water.
- Use smaller glasses when serving sugary drinks for children and limit the number and serve size of sugary drinks they have.

SHPN (PH) 080159 Adapted from the Healthy Kids website 2008



NSW Government

For more info visit www.healthykids.nsw.gov.au

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