

10 TIPS TO HELP KIDS #CHOOSEWATER

1

Get **fun ice cube trays** (unicorns, penguins, baseballs – so many options!) and let them make different ice cubes to put in their water.

2

Freeze **fruit in ice cubes** and add it to their water. They can watch the fruit emerge as the ice melts.

3

Let them choose **fun cups and to-go bottles** that they'll look forward to using for drinking water.

4

Make sure they **have water with them at all times** (school, sports, etc.). They'll be more apt to drink water if it's convenient.

5

Add some **slices of their favorite fruit** to help infuse the water and give it a little taste.

6

Have them **fill out a chart** of how much water they're drinking. Add a sticker when they drink a glass of water and compare day-to-day to see how they're doing.

7

If they're feeling tired or fatigued, ask them when was the last time they drank water. This will help them **connect hydration with their body and mood**.

8

Make **drinking water a game** when watching a TV show or movie. Every time their favorite character speaks, have them take a sip!

9

If they drink more through a straw, let them **choose a reusable straw** and use it for their water cup or bottle.

10

Be a good role model! When kids see you drink water, they'll start to catch on!

