

What's to drink? Choose water.

Here's a tip!

Make drinking water visible and available inside and outside for kids to self-serve!



The Jewish Community Center Early Childhood Education Department got the right tools and switched successfully to family style dining. The Center found equipment sized for little ones; including measuring cups for kids to use when self-serving water and milk. The children are now pouring water, passing dishes, and scooping up veggies all by themselves.

Claudia Mendoza at Los Angeles Universal Preschool is making it easy for children to stay hydrated with water during indoor and outdoor play. She uses a caddy to transport a pitcher and cups to serve water to the children during play time. To see it in action, view the following video: <http://www.cdc.gov/CDCTV/ChildObese/index.html>.

Here are more tips from [TXT4TOTS](#) on making drinking water more appealing!

- 1 Need a great idea to get your child to drink more water? Let her pick her own "Big Kid" cup with a fun character. Keep this cup for water only.
- 2 Did you know that some kids fill up on beverages and then don't want to try eating new foods? If you are trying out a new food, offer it at snack time and serve it with water.
- 3 Having trouble getting your child to drink water instead of 100% juice? Add colorful fruit slices to make water fun!
- 4 Your child watches what you drink. Make healthy choices for yourself. Like soda? Try replacing one soda with water. It doesn't add calories like sugary drinks.
- 5 A can of soda can have up to 3 tablespoons of sugar! Instead, offer water, low-fat milk, or a limited amount of 100% fruit juice.

For other ideas and resources, check out the Let's Move! Child Care website at www.healthykidshealthyfuture.org

For quick tips on healthy eating and activities, check out Let's Move! Twitter at <https://twitter.com/letsmove>