

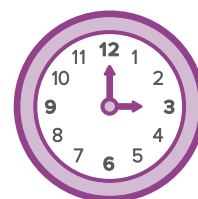
Ways to Drink More Water

Drinking more water or fluids throughout the day can be hard. Here are some strategies that you may find helpful to increase your child's fluid intake.

Also, it is important for school aged children to have teacher/school support to drink fluids during the school day. Work with the teacher to make sure your child has access to fluids and support (e.g., water bottle in backpack or on the desk, permission to use the restroom more).

Pace it

Set a goal to drink smaller amounts throughout the day to *get up* to the big goal. For example, drink one water bottle by lunch and another by the end of school. To slowly increase water intake, determine how much your child currently drinks, set a goal based on medical recommendations, and make a schedule to increase toward the goal over time.



Add flavor

Some kids don't like the taste of plain water.

- Chill water or add ice.
- Add an orange, lemon, strawberry or mint to give water a healthy flavor.
- Try flavored drops such as Dasani® or Crystal Light®.
- Serve sparkling water.



Try an App

These free applications (and many more through App Store and Google Play) allow you to set water goals and send reminders:



My Water Balance



Plant Nanny



Waterlogged



**Continued on other side*

Ways to Drink More Water *(continued)*

Water bottles

There are so many different shapes, sizes, and colors of water bottles. Let your child pick one that they think is fun and cool!



Use a “smart” water bottle

New technology makes it possible for these special water bottles to track how much water you drink. They give you reminders to drink more by glowing! You can find these online by searching smart water bottles.



Offer a reward

Does your child need motivation? Reward them when they hit their hydration goal. For younger children, this could include stickers or tokens. For older kids and teens, this could be a privilege like later bedtime or extra time on a device. Rewards do not have to be expensive.



Make it a competition

To help the whole family stay hydrated, try a friendly competition to see who can meet their personal goals.

