

WATERMELON and WIGGLES



Dakota County Public Health Department • 651-554-6100

Seven Tips to Get Children to Drink More Water

Healthy hydration can be fun and creative

Follow this link to learn the song and hand gestures to the jingle: [Drink More Water](#) and sing with the kids in your care.

Key Takeaway Messages:

- The [Minnesota Child Care Licensing Standard](#) says water should be available to children at all times throughout the day
- Be a role model: drink water yourself
- Turn learning about water into a fun math lesson by tasting and graphing. Or make it a science lesson by freezing fruit or herbs into ice cubes that can be added to water later in the day

Providers' Professional Development Video:

- Provides "Seven Ideas to Help Kids Drink More Water" by the *Alliance for a Healthier Generation*
- Shares tips for increasing access and consumption so kids stay hydrated
- Watch the [VIDEO](#) here

Check out more [lesson plan ideas and parent tips](#)! Supporting kids in their ability to think, help prevent tooth decay and sustain growing bodies are all reasons to check out this amazing fact sheet: [Healthy Hydration](#)

Water is the best beverage to keep children in your care hydrated

According to [First 5 Santa Clara County](#), the average four-to-five-year-old child consumes 17 teaspoons of added sugar every day. That adds up to 65 pounds of added sugar each year!

Fruit juices and soft drinks contribute to excess sugar intake. The [American Academy of Nutrition & Dietetics](#) recommends that children not be given any soft drinks (e.g. pop or soda) and that if juice is offered, it should be 100% fruit juice and limited to four to six ounces. Water has zero teaspoons of sugar!

[Health professionals recommend](#) limiting the amount of sugar that children consume to no more than three to four teaspoons per day because of the potential health risks, such as childhood obesity and tooth decay.

What about Milk?

- Milk is for calories, healthy fats and vitamins. It is part of a healthy diet. However, [children over two years of age](#) need only 16-20 ounces per day.



Supported by the Statewide Health Improvement Partnership, Minnesota Department of Health and Dakota County Public Health

September 2018