

Parent Tips

Here are some quick tips to help your little one drink more water:

- 1 make it available at all times.
- 2 make it fun with silly straws & food coloring.
- 3 make it special with their own water bottle or cup with their favorite character on it.
- 4 let them pour their own water.
- 5 limit options and alternate between water and milk.

Grow Healthy Kids

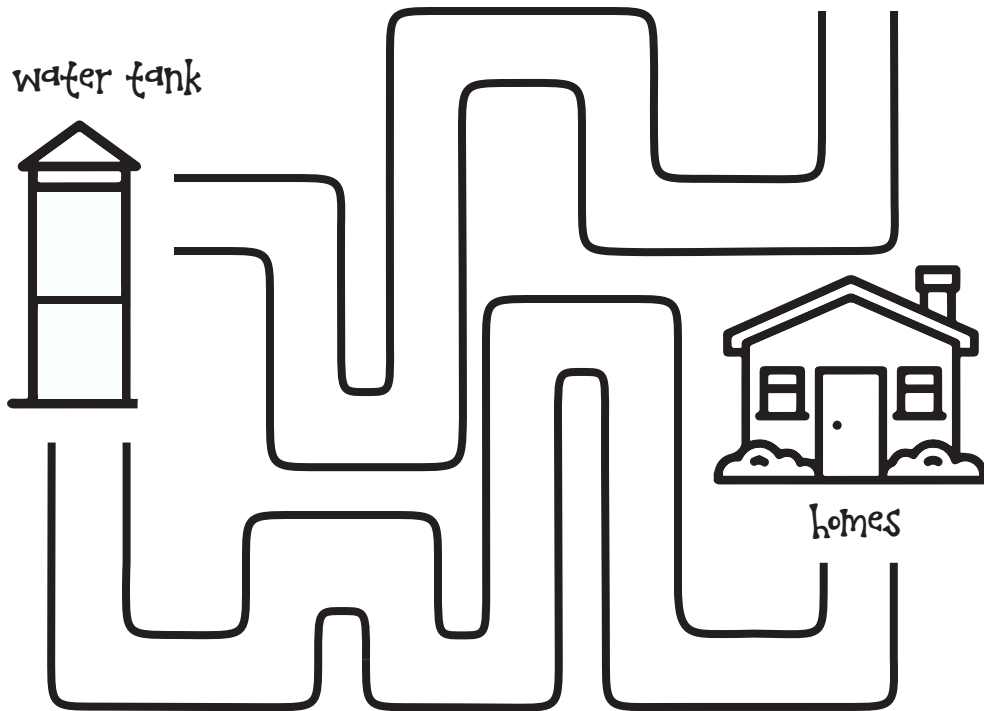
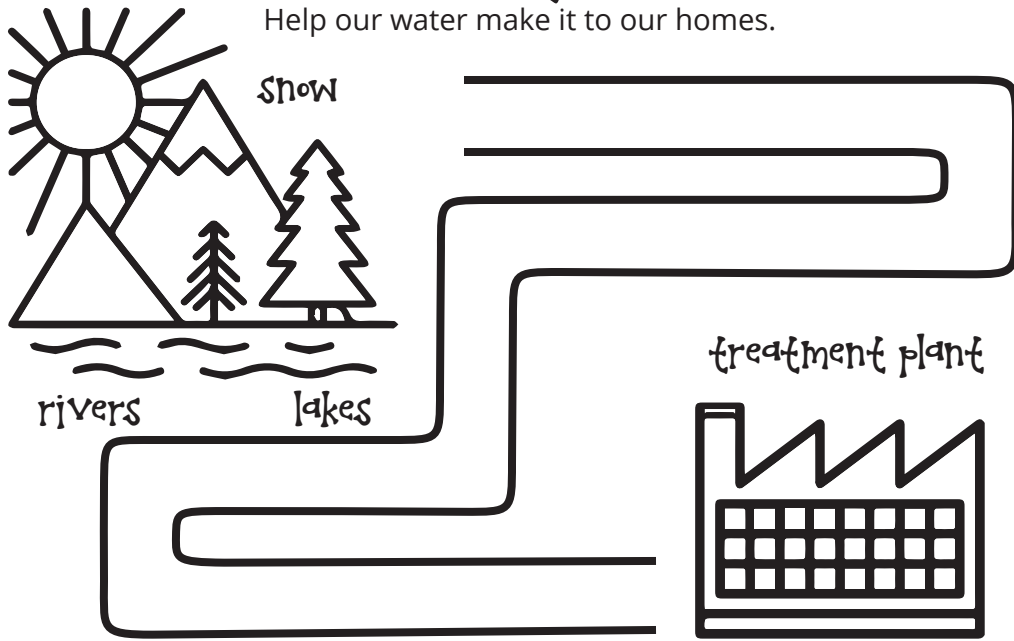


Just Add **WATER**

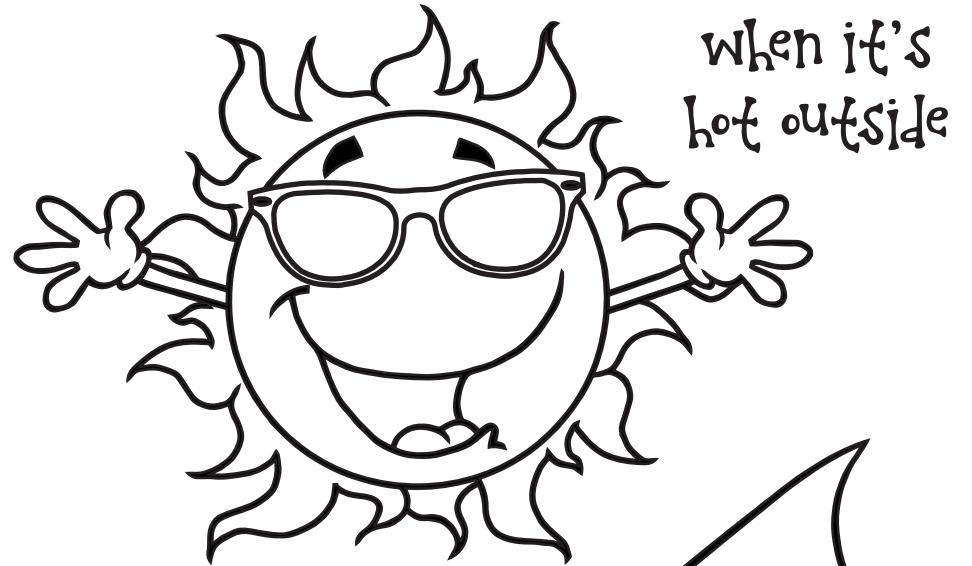
This activity book belongs to:

Where our water comes from

Help our water make it to our homes.

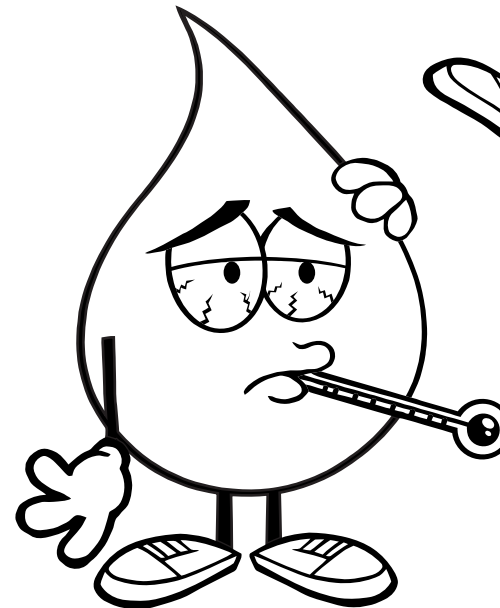


You need more water



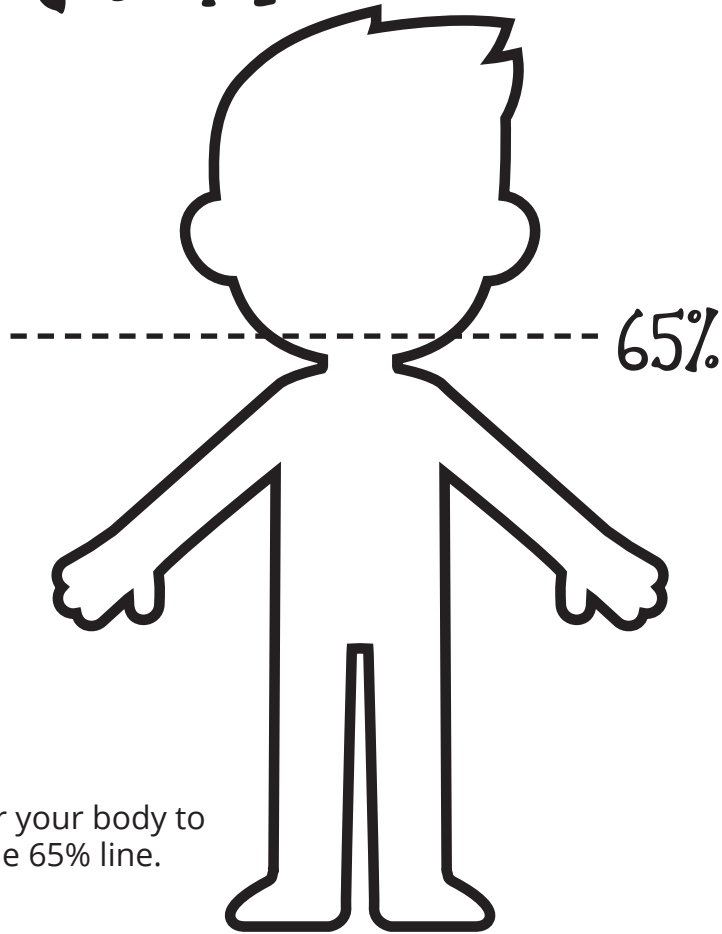
when it's
hot outside

when you're
running



when you're
sick

Water & Me



Color your body to the 65% line.

My body is about 65% water.

I weigh _____ lbs.

_____ lbs. of me is water.

We tried fruit water this week.

My favorite was _____.

I am _____ years old.

**I should drink _____ glasses
of water a day.**



Color the amount of glasses of water you should be drinking each day.

Water Challenge

I promise to drink my _____ glasses of water a day for one week.

Fill in the stars for each glass you drink.

Look how well I did!

Monday	★	★	★	★	★
Tuesday	★	★	★	★	★
Wednesday	★	★	★	★	★
Thursday	★	★	★	★	★
Friday	★	★	★	★	★

→ **PARENTS:** Take this page out and post on the refrigerator at home.

water word search

S W A T E R
D E G N I P
R T H C L D
I C E O N M
N A B L U E
K S P D K S

WATER

DRINK

ICE

WET

COLD

BLUE

How we use water



Can you name other ways we use water?
