

CHOOSE WATER as a drink

Water is the best drink. It has no added sugar. Fruit juice, soft drink, sports drinks and cordials have a lot of sugar. Kids should not drink these every day.

Tap water is the best choice. Most tap water contains fluoride which helps kids grow strong teeth.

HOW MUCH WATER SHOULD KIDS DRINK EACH DAY?

1-5 years



5 x 250ml glasses = 1.25 litres

6-12 years



6 x 250ml glasses = 1.5 litres

+ EXTRA WATER IF YOU ARE ACTIVE



MAKE HEALTHY NORMAL

This resource has been developed by Western Sydney Local Health District, published November 2018

TIPS TO HELP KIDS DRINK MORE WATER



Show them you like drinking water too



Drink water throughout the day



Take a bottle of water when you go out



Pack water with your child's lunch



Choose water as a drink when playing sport



Save money - don't buy sugar sweetened drinks