



# Water does Wonders!



## Water is best

Encourage your kids to drink water when they are thirsty. It is much better for them than drinks with sugar added.

We all know healthy eating is important for growing children. So is healthy hydration. Our community is looking for ways to make it easier for kids to choose healthy drinks more often.

Water is the natural choice for kids to stay hydrated and healthy. Water makes up more than half of a child's weight. They need a steady supply to keep their bodies working and growing properly. Water contains no sugar, calories, additives, preservatives, or caffeine. And it's free.

Make water the easy choice for your kids – and keep them sipping throughout the day.

## How to make water the first choice

Make water the 'new normal' in your home:

Keep pitchers of water on the kitchen counter or in the fridge for everyone to grab a drink from throughout the day.

Put water on the table at mealtimes.

Fill up re-usable bottles of water for the kids to take to school and sports activities.



## Milk: another healthy choice

Plain, unsweetened milk is another healthy choice for your thirsty kids. Milk also gives them some of the calcium and vitamin D they need each day. For those who cannot drink milk, unsweetened, fortified soy drinks are an option. Babies thrive on breast milk. Health Canada encourages mothers to exclusively breastfeed infants until 6 months. Most babies breastfed in this way do not need additional water before they are 6 months old. Avoid giving babies juice, cow's milk, or other liquids until they are a year old. Continued breastfeeding has many health benefits for children up to the age of 2 and beyond.



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