

#Water

#GrowingHealthyWestmorlandandFurness



# WATER

## Factsheet

This factsheet will provide you with information and links to lots of websites to help you encourage and ensure your child is drinking enough water.

## WATER

Water is one of the most natural, healthy beverages that children can drink. By encouraging your child to drink 6-8 glasses of water every day will increase their chances of becoming a healthy adult and improve health problems such as continence and poor concentration.

Current research suggests that approximately 30-50% of children under 11 years old drink less than the recommended daily value.

**Tip 1:** Repeated tastings will help your child develop a taste for water. Ask your child to drink a small amount of water before they have their juice or milk.

**Tip 2:** Always give your child a drink of water with breakfast.

**Tip 3:** Ensure your child has access to water at school and that teachers and guardians encourage regular drinking. Always have water available for trips and outings.

**Tip 4:** Let your child choose their own drinks container or cup.

**Tip 5:** Make it fun; use straws or shaped ice cubes.

**Tip 6:** Set small targets: put markers/targets on the drink container for your child to aim for during the day.

**Tip 7:** Substitute drinks with ice-lollies, jelly and yoghurts and remember most fruit and vegetables have high water content. Melon and cucumber are refreshing snacks on a summer's day.

**Tip 8:** Encourage extra fluid when playing sports or when exposed to warm weather as unlike adults, children do not always recognise the early stages of thirst. When your child is feeling hot and thirsty they are more likely to try water especially if its alongside their team mates.

## VISIT THESE USEFUL WEBSITES

**Children's Health Services 0 -19 - Healthy Lifestyles**

**NHS - Water, drinks & nutrition**

**British Nutrition Foundation - hydration**

**ERIC - Getting kids to drink more water**

If you would like any help or support to improve with your child please book an appointment in our E-School Nurse video clinic.

Telephone: 0300 304 9039

Visit our website: [Growing Healthy 0-19 Westmorland & Furness](https://www.growinghealthy.co.uk/)

Find us on Facebook and Instagram: Growing Healthy Westmorland and Furness 0-19

You can also find more information about our service, your child's development and local services by downloading our App.



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