THE MORE YOU KNOW, THE MORE THEY GROW!

DID YOU KNOW?

CHILDREN UNDER 6 YEARS OLD DO NOT NEED ANYTHING MORE TO DRINK THAN WATER AND MILK

TIPS FOR PARENTS

1. Make water fun! Add a straw!
2. Buy fewer sugary drinks!
3. Send a water bottle to school!
4. Role model YOUR love of water!

KIDS SHOULD BE DRINKING WATER WHERE THEY LEARN, PLAY, AND LIVE!

FOR MORE INFORMATION, VISIT: www.healthydrinkshealthykids.org

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