

Healthy Hydration for Kids

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This resource is meant to provide useful, educational materials to daycare providers and parents of young children.



Visit [GetHealthyCT.org](https://www.gethealthyct.org) for more information.



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HEALTHY DRINKS. HEALTHY KIDS.

Research shows that what children drink from birth through age five has a big impact on their health – both now and for years to come. While every child is different, the nation’s leading health organizations agree that for most kids, the following recommendations can help to set children on a path for healthy growth and development. As always, consult with your health care provider about your child’s individual needs.

ALL KIDS 5 AND UNDER

All kids 5 and under should avoid drinking flavored milks, toddler formulas, plant-based/non-dairy milks*, caffeinated beverages and sugar- and low-calorie sweetened beverages, as these beverages can be big sources of added sugars in young children’s diets and provide no unique nutritional value.

0-6 MONTHS



Babies need only **breast milk** or **infant formula** to get enough fluids and proper nutrition.

6-12 MONTHS



In addition to **breast milk** or **infant formula**, offer a small amount of drinking **water** once solid foods are introduced to help babies get familiar with the taste – just a few sips at meal times is all it takes. It’s best for children under 1 not to drink juice. Even 100% fruit juice offers no nutritional benefits over whole fruit.

12-24 MONTHS



It’s time to add **whole milk**, which has many essential nutrients, along with plain drinking **water** for hydration. A small amount of juice is ok, but make sure it’s 100% fruit juice to avoid added sugar. Better yet, serve small pieces of real fruit, which are even healthier.

2-5 YEARS



Milk and **water** are the go-to beverages. Look for milks with less fat than whole milk, like skim (non-fat) or low-fat (1%). If you choose to serve 100% fruit juice, stick to a small amount, and remember adding water can make a little go a long way!

See the full guidelines and learn more at
HEALTHYDRINKSHEALTHYKIDS.ORG











*NOTES: Evidence indicates that, with the exception of fortified soy milk, many plant-based/non-dairy milk alternatives lack key nutrients found in cow’s milk. Our bodies may not absorb nutrients in these non-dairy milks as well as they can from regular milk. Unsweetened and fortified non-dairy milks may be a good choice if a child is allergic to dairy milk, lactose intolerant, or whose family has made specific dietary choices such as abstaining from animal products. Be sure to consult with your health care provider to choose the right milk substitute to ensure that your child is still getting adequate amounts of the key nutrients found in milk, such as protein, calcium, and vitamin D, which are essential for healthy growth and development.

WATER FIRST FOR YOUR THIRST

Did you know...?

- A bottle of soda has about the same amount of sugar as a serving of ice cream.
- A 12 oz fruit punch has nearly 80% of the added sugar kids should get in a whole day.
- Switching from a 20 oz soda to water each day can save you over 1600 calories per week.
- Drinking fluoridated tap water and using it in cooking prevents dental decay.

How much water is enough?

 Children, 1-8 years old	 6 cups
 Females, 9-13 years old	 9 cups
 Males, 9-13 years old	 10 cups
 Females, 14 years and older	 10 cups
 Males, 14 years and older	 14 cups

*These amounts are based on the minimum Dietary Reference Intakes.

Am I getting enough water?

- Here are a few signs that you need to drink more water:
- dark yellow urine, or decreased urination
- headaches
- dry skin
- feeling tired
- dizziness
- dry mouth

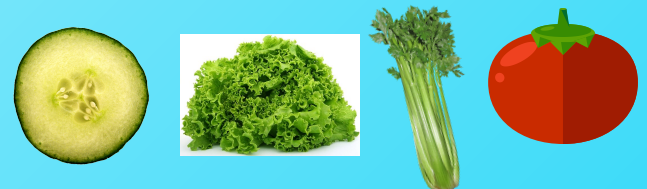
Getting water in your diet

Water is also found in what you eat. These healthy foods will help you get enough:

- Juicy fruits like melon, oranges, peaches, and more



- Vegetables such as cucumbers, lettuce, celery, and tomatoes



- Soups made with broth



- Hot cereals like oatmeal or cream of rice prepared with water



Water: It's a Great Choice



At child care, we offer water to your preschooler throughout the day. This is a great drink choice for kids because it doesn't contain added sugars or caffeine.

- Water helps to hydrate your child's body.
- Drinking tap water with fluoride (also known as fluoridated tap water) can help prevent cavities.
- Drinking water between meals and snacks can help rinse food from teeth.

Preschoolers need extra water to drink when they are physically active or when it is hot outside. At child care, we have regular water breaks before and during active play.

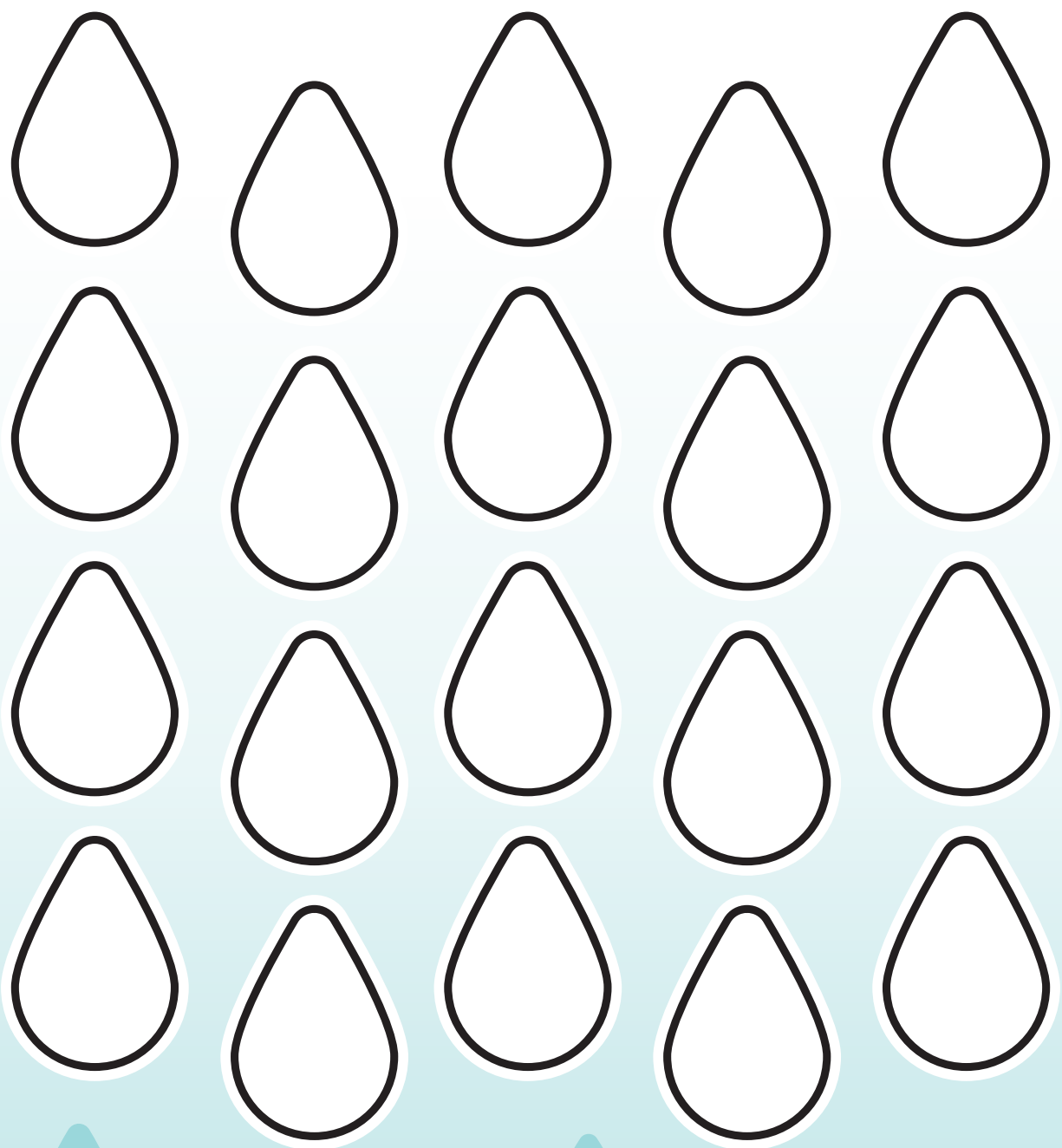
What you can do at home:

- Offer water between meals and snacks.
- Encourage your child to drink water by being a role model and drinking water yourself.
- Keep child-sized cups by the sink where your child can reach them.

Color the Water Drop

You can make drinking water fun for your child.

Every time your child drinks water, ask him or her to color a water drop below.



Great Job!

Agua: una gran opción



En el cuidado infantil, le ofrecemos agua a su niño preescolar durante el día. El agua es una gran opción para niños ya que no contiene azúcares añadidas o cafeína.

- El agua ayuda a hidratar el cuerpo de su niño.
- Tomar agua potable con fluoruro (también conocida como agua de la llave con fluoruro) puede ayudar a prevenir caries.
- Tomar agua entre comidas y meriendas puede ayudar a enjuagar los dientes.

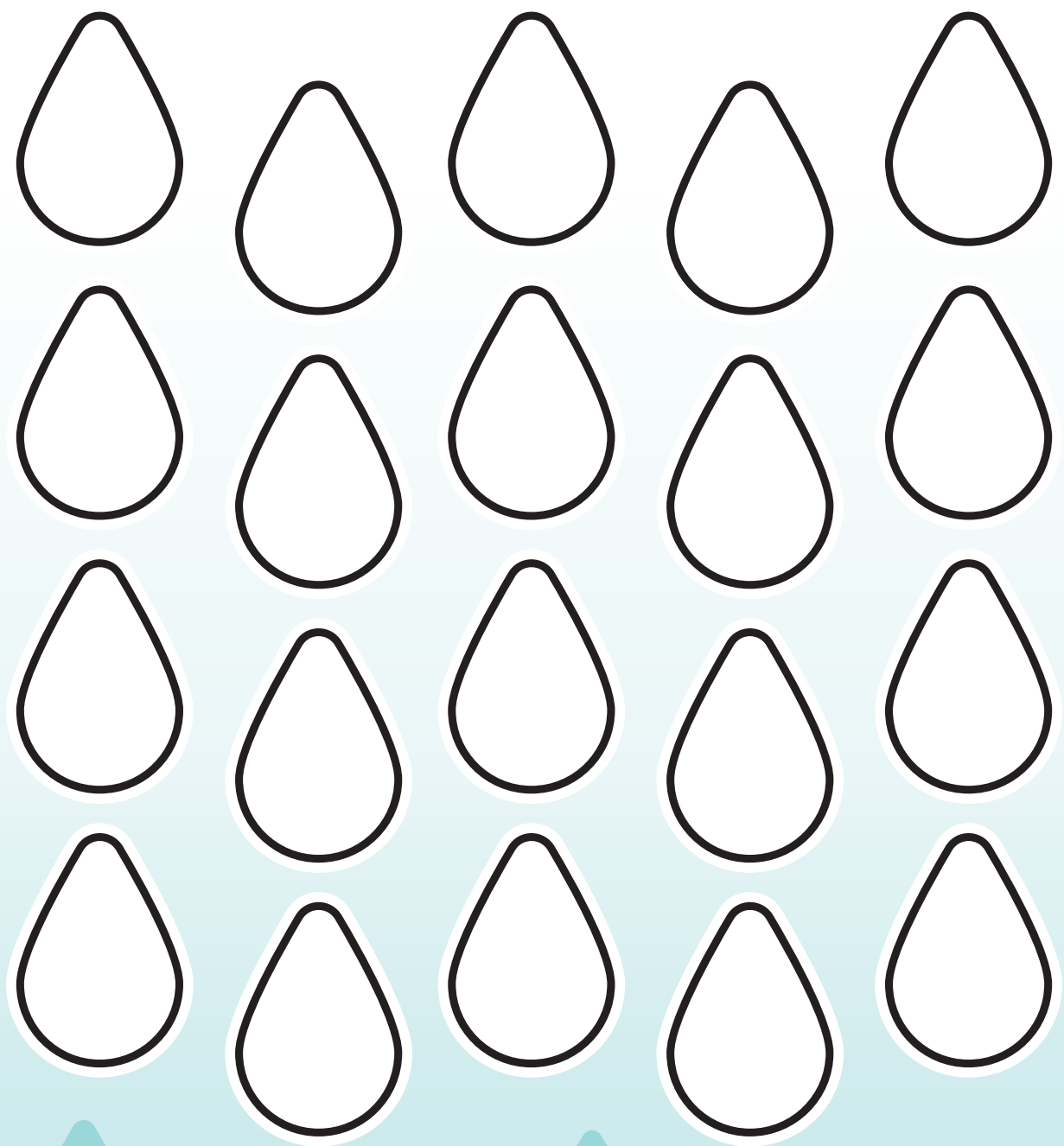
Los preescolares necesitan beber más agua cuando están físicamente más activos o cuando está caliente afuera. En el cuidado infantil damos recesos regulares para tomar agua antes y durante el juego activo.

Qué puede hacer en casa:

- Ofrezca agua entre comidas y meriendas.
- Motive a su niño a tomar agua siendo un buen ejemplo y usted también tome agua.
- Ponga vasos pequeños para niños cerca del fregadero donde su niño los alcance.

Coloree las gotas de agua

Usted puede hacer que tomar agua sea divertido para su niño. Cada vez que su niño tome agua, pídale que coloree la gota de agua de abajo.



¡Buen trabajo!

Growing Strong with Milk

At child care, milk is an important part of meals. The nutrients in milk can help your child build strong bones and muscles.

Why Does Our Child Care Serve Milk?

Milk provides vitamins, minerals, and protein. Low-fat (1%) and fat-free (skim) milk have the same nutrients as whole milk, but less saturated fat. Choosing healthier sources of fats, while eating fewer saturated fats, is good for heart health.

Be a Dairy Detective

Let's take a closer look at milk. Cow's milk is a good source of calcium, protein, vitamin D, and vitamin A. Take a look at the Nutrition Facts label to the right to see what you're getting in a cup of low-fat (1%) milk.

Low-fat (1%) Milk

Nutrition Facts

8 servings per container
Serving size 1 cup (240ml)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 2g	
Saturated Fat 2g	3%
Trans Fat 0g	8%
Cholesterol 12mg	
Sodium 107mg	4%
Total Carbohydrate 12g	5%
Dietary Fiber 0g	3%
Total Sugars 12g	0%

Protein 8g

Vitamin D 3mcg	15%
Calcium 305mg	30%
Iron 0mg	0%
Potassium 366mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Encouraging Milk as Children Age

- **Take changes slowly.** After your child turns 2 years old, consider changing from whole milk to low-fat milk. Start by switching to reduced-fat (2%) milk for a few weeks. When your child gets used to reduced-fat milk (2%), try low-fat (1%) or fat-free (skim) milk.
- **Enjoy smoothies.** Blend low-fat milk with fruits and low-fat yogurt.
- **Make it special.** Offer low-fat milk in your child's favorite cup.
- **Be a healthy role model.** Encourage the whole family to drink low-fat milk with meals.

Tummy Troubles

If your child is lactose intolerant or gets stomach pains, gas, or bloating after drinking milk, try lactose-free milk and talk with your child's doctor. If you would like your child to drink soymilk at child care, please send a written note. A parent or guardian can make the request. A doctor's note is not required as long as the soymilk meets certain nutrition standards. Soymilk served in child care must have the same amount of calcium, protein, vitamin A, and vitamin D as cow's milk.

At child care, "milk-like" beverages that do not contain the same amounts of calcium, protein, vitamin A, and vitamin D as cow's milk cannot be served in place of cow's milk without a doctor's note.



Creciendo fuerte con leche

En el cuidado infantil, la leche es una parte importante de las comidas. Los nutrientes en la leche pueden ayudar a su niño a desarrollar huesos y músculos fuertes.

¿Por qué nuestro cuidado infantil sirve leche?

La leche provee vitaminas, minerales, y proteínas. La leche baja en grasa (1%) y la leche sin grasa (descremada) tienen los mismos nutrientes que la leche entera, pero menos grasas saturadas. Elegir fuentes más saludables de grasas, mientras que come menos grasas saturadas, es bueno para la salud del corazón.

Sea un detective de los lácteos

Echemos un vistazo más de cerca a la leche. La leche de vaca es una buena fuente de calcio, proteína, vitamina D, y vitamina A. Eche un vistazo a la etiqueta de Información Nutricional para ver lo que está recibiendo en 1 taza de leche baja en grasa (1%).

Leche baja en grasa (1%)

Nutrition Facts

8 servings per container
Serving size 1 cup (240ml)

Amount per serving

Calories 100

	% Daily Value*
Total Fat 2g	
Saturated Fat 2g	3%
Trans Fat 0g	8%
Cholesterol 12mg	
Sodium 107mg	4%
Total Carbohydrate 12g	5%
Dietary Fiber 0g	3%
Total Sugars 12g	0%
Protein 8g	
Vitamin D 3mcg	15%
Calcium 305mg	30%
Iron 0mg	0%
Potassium 366mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a diet of other people's food. Daily diet, 2,000 calories advice.

Fomente la leche según su niño crece

- **Tome los cambios despacio.** Luego que su niño cumple 2 años de edad, considere cambiar de leche entera a leche baja en grasa. Comience cambiando a leche reducida en grasa (2%) por algunas semanas. Cuando su niño se acostumbre a la leche reducida en grasa, pruebe leche baja en grasa (1%) o leche sin grasa (descremada).
- **Disfrute los batidos.** Licue leche baja en grasa con frutas y yogur bajo en grasa.
- **Hágalo especial.** Ofrezca leche baja en grasa en el vaso favorito de su niño.
- **Sea un modelo a seguir.** Motive a la familia para que tome leche baja en grasa con las comidas.

Problemas estomacales

Si su niño es intolerante a la lactosa o siente dolor de estómago, gas o hinchazón después de tomar leche, pruebe la leche sin lactosa y hable con el médico de su niño. Si usted desea que su niño beba leche de soya en el cuidado infantil, por favor envíe una nota por escrito. Un padre o tutor puede hacer la solicitud. La nota de un médico no es requerida siempre y cuando la leche de soya cumpla con ciertos estándares nutricionales. La leche de soya que se sirve en el cuidado infantil debe tener la misma cantidad de calcio, proteína, vitamina A, y vitamina D que la leche de vaca.

En el cuidado infantil, las bebidas “parecidas a la leche” que no contienen las mismas cantidades de calcio, proteína, vitamina A, y vitamina D como la leche de vaca no se pueden servir en lugar de la leche de vaca sin la nota del médico.

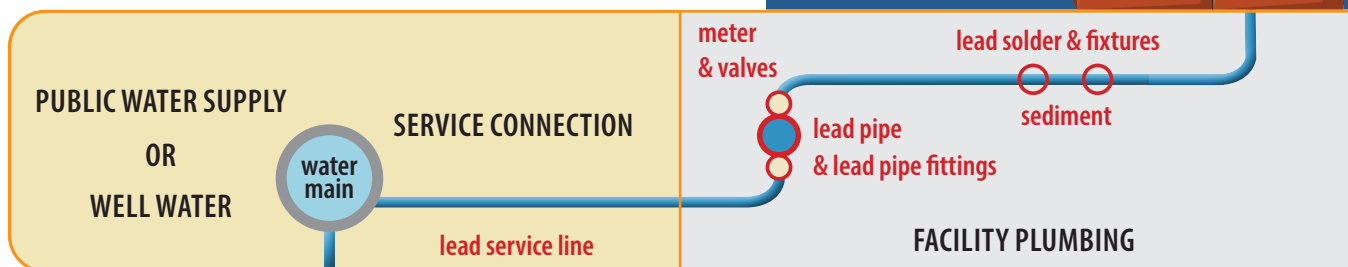




CHILD CARE DRINKING WATER SAFETY

TEST YOUR WATER FOR LEAD!

Public water systems must meet water quality standards. However, once water leaves the water main, any lead-containing plumbing parts can pose a health risk. The items in **red** can be a source of lead in your child care facility's plumbing.



WHY DOES IT MATTER?

Young children are especially vulnerable to lead's toxic effects. Even at low levels, lead can damage the brain and nervous system, contribute to learning and behavior problems, impair a child's development and lower their IQ.

Children spend a lot of time at child care facilities and drink tap water or eat food prepared with water from faucets in these homes or buildings. In fact, formula-fed infants consume more water per body weight than anyone else!

"Participating child care centers and family or group day care homes shall make available to children, as nutritionally appropriate, potable water as an acceptable fluid for consumption throughout the day, including at meal times."

— **Healthy, Hunger-Free Kids Act of 2010**



Reduce Lead in Child Care Drinking Water



IMPLEMENT ROUTINE BEST PRACTICES

- » Only use water from the cold tap for drinking and cooking
- » Allow water to run after periods of non-use, like each morning, after weekends and holidays
 - 5-30 seconds is usually enough
 - If you believe you have a lead service line (if building constructed before 1950) you must flush for 3 minutes or until the water gets colder
- » Regularly clean aerators on faucets in a vinegar solution to remove all accumulated grit
- » Avoid using outdoor spigots, hose bibs or laundry sinks for drinking water



TEST YOUR WATER FOR LEAD

- » Even when your utility provides safe water, water should be tested at the tap for lead that can come from facility plumbing.
- » Learn what your state requires and provides. Some states have free testing programs for child care drinking water or have grants available to assist with remediation if needed.
- » Have a certified water analysis lab test your tap water.
- » It is critical that tap water samples are drawn correctly. Train staff or have a utility/lab technician draw the samples. Your state may have particular requirements.
- » The lab report will tell you the lead level in your sample(s) and whether it is above the Action Level (AL). If any taps at your site test over the AL for lead, immediately discontinue use of that tap and provide an alternative source of water. If any taps are close to the AL for lead, talk to your local health department about next steps.



DEVELOP A PLAN TO TAKE CARE OF ELEVATED LEAD

- » Statistics show you most likely won't have a problem. Still, you need to be prepared in case you do!
- » Consult with your water utility and/or local health department about appropriate action.
- » Review resources below for additional details.



COMMUNICATE RESULTS

- » Whether the results are good or bad, share them with all child care staff, parents, and the local and state health department.
 - Bad results? Let people know what you'll do about it.
 - Good results? Spread the good news and show families you take their children's health seriously—then promote *Water: First for Thirst!*
- » If you have fixed contamination problems, consider posting a child friendly symbol of safe drinking water at each safe tested tap.

FOR MORE INFORMATION:

- "3Ts for Reducing Lead in Drinking Water in Schools and Child Care Facilities" bit.ly/2g32iA4
- "Managing Lead in Drinking Water at Schools and Early Childhood Education Facilities" bit.ly/2wvUo9n
- "Make Every Sip Count! 30 Day Water Challenge" drinkingwateralliance.org/ecewaterchallenge
- More National Drinking Water Alliance Resources drinkingwateralliance.org/safety-earlycare

Learn how to remain in compliance with the Healthy, Hunger-Free Kids Act of 2010 at www.bit.ly/2010-compliance



Content developed by the Nutrition Policy Institute, University of California, Division of Agriculture and Natural Resources. The contents are solely the responsibility of the authors. Icons by Pixel Buddha, Daniel Bruce and Freepik from www.flaticon.com.

www.DrinkingWaterAlliance.org

30 DAY WATER CHALLENGE: MAKE EVERY SIP COUNT!

Water: it's great for physical, oral and cognitive health. The Child and Adult Care Food Program (CACFP) requires that providers offer drinking water in addition to making it available. To promote the importance of drinking water, try these simple activities—one for every day of the week. *How many can you do?*

1 Enjoy a glass of water & then mark your calendar: monitoring for the new water requirements starts Oct. 1, 2018	2 Set up a station with a small water pitcher & cups so children can practice pouring 	3 Use a visual aid, such as a cup or pitcher, when verbally offering water	4 Sing W-A-T-E-R to the tune of "Bingo is His Name-O." "There is something we need to live & water is its name-o. W-A-T-E-R..."	5 <i>Safety First!</i> Only use water from the cold tap for drinking & cooking 
6 Offer water during & after physical activity 	7 Teach American Sign Language for "water" https://bit.ly/2ILwnki	8 Station a water dispenser outside, along with cups and/or reusable bottles, for easy access while outdoors	9 Play the Andy Z water music video & teach the hand gestures https://bit.ly/2s4gATl	10 <i>Safety First!</i> Disassemble & air-dry reusable water bottles daily & wash with hot, soapy water at least once per week
11 Determine which water delivery options work best for your facility https://bit.ly/2IEfjNm	12 Read <i>The Raindrop's Journey</i> by Suzanne Slade to teach about the water cycle 	13 Appoint older children as "water helpers" to serve water to classmates	14 Put out cups of water & paintbrushes for children to "paint" walls & walkways outside 	15 <i>Safety First!</i> To reduce lead, flush the cold tap if water has not been used in several hours https://bit.ly/2bCGpQg
16 Watch and share the "What Should Babies Drink?" video https://bit.ly/2JbnEcs	17 Promote drinking water with Potter the Otter activity sheets https://bit.ly/1K8eswf	18 Put cups next to drinking water faucets, & a water pitcher & cups on tables during mealtimes 	19 Teach children fun "water" yoga poses, such as "boat," "fish" & "bridge" https://bit.ly/2xyQcTY	20 <i>Safety First!</i> Your utility's Consumer Confidence Report informs about your tap water quality https://bit.ly/1LJh8kV
21 Teach the word for "water" in other languages https://bit.ly/2IIFGBC 	22 Read a <i>Cool Drink of Water</i> by Barbara Kerley, which shows people around the world collecting & using water	23 Display posters promoting drinking water or have children make their own https://bit.ly/2KooBdu	24 Sensory station: freeze blocks of ice for children to touch & play with 	25 <i>Safety First!</i> If you aren't sure your water is safe, use filtered or bottled water, especially for mixing formula
26 Which drinking vessels are best for your facility: single-use or reusable? pg. 19 https://bit.ly/2ik2D2C 	27 Read <i>I Am Water</i> by Jean Marzollo to teach about different states of matter	28 Would you like to see water on MyPlate? Make your voice heard! https://bit.ly/2IBISzG	29 Find more lessons & activities in the CACFP Children's Water Activity Book https://bit.ly/2s0SxFS	30 Share a picture of your favorite activity of the challenge!  https://bit.ly/2IZsfqP



Created by Nutrition Policy Institute, University of California, Division of Agriculture and Natural Resources and allies of the National Drinking Water Alliance. Thank you to the National CACFP Sponsors Association for their help with challenge activities. For more information about the CACFP requirements, read the USDA's Food and Nutrition Service 2016 memo at <https://bit.ly/2s1vzgr>.

Icons from Noun Project — pitcher: iconfinder / pot: Juraj Sedlak / play area: Andrew J. Young / book: cathy moser / brush: catyline_Icon / faucet: Rflor / water bottle: Icon Fair / ice cube: KEN MURRAY / camera: Scott Dunlap

Cucumber Mint Water

8 Servings

Ingredients

- 8 cups of **water**
- 1 small **cucumber**, washed and thinly sliced
- ¼ cup fresh **mint leaves**, thoroughly washed



Nutrition Information

Serving Size: 1 cup

Calories: 0
Total Fat: 0g
Saturated Fat: 0g
Protein: 0g
Sodium: 5mg
Carbohydrates: 1g
Added Sugar: 0g
Fiber: 0g

Instructions

1. Pour 8 cups of water into large water pitcher. Place the thin slices of cucumber and mint leaves in the water.
2. Cover, refrigerate and enjoy!

Agua de Pepino y Menta

8 Porciones

Ingredientes

- 8 tazas de **agua**
- 1 **pepino** pequeño, lavado y partido en tajadas delgadas
- ¼ taza **menta fresca**, lavada



Información Nutricional

Tamaño de Porción: 1 taza

Calorías: 0
Grasa Total: 0g
Grasa Saturada: 0g
Proteína: 0g
Sodio: 5mg
Carbohidratos: 1g
Azúcar Agregado: 0g
Fibra: 0g

Preparación

1. Vierta 8 tazas de agua en un pichel grande. Coloque el pepino y la menta en el agua.
2. Cubra y refrigere. Disfrute!



Fruit Ice Cubes

Servings vary

Ingredients

Your favorite **fruit**
Water



Instructions

1. Chop up your favorite fruit into small pieces, or mash it with a fork. Place chopped up fruit into ice cube tray.
2. Carefully add water over the fruit (enough to fill the cube) and freeze.
3. Add to water or seltzer!

Cubos de Hielo con Fruta

Las porciones pueden variar

Ingredientes

Su **fruta favorita**
Agua



Preparación

1. Pique su fruta favorita en trozos pequeños o májela con un tenedor. Coloque la fruta en la bandeja para hacer hielo en cubitos.
2. Cuidadosamente, agregue agua sobre la fruta hasta llenar y congele.
3. Puede usar agua natural o agua con gas!

