



#water  
#publichealth5-19service



# WATER FACTSHEET

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

## TOP TIPS ABOUT 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 this 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 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.  
Remember most fruit and vegetables have high water content.

**#water**  
**#publichealth5-19service**

**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.

## VISIT THESE USEFUL WEBSITES

[www.naturalhydrationcouncil.org.uk](http://www.naturalhydrationcouncil.org.uk)

Excellent section on 'Hydration for Children' including current habits, guidelines and health benefits and tips.

[www.nutrition.org.uk](http://www.nutrition.org.uk)

Healthy Living/healthy hydration – learn the benefits of drinking water for children and adults.

[www.eric.org.uk](http://www.eric.org.uk)

Problems with continence can be significantly improved with better hydration.

<http://www.nhs.uk/Livewell/Goodfood/Pages/water-drinks.aspx>

Useful information for all the family on the benefits of drinking water.

This website also includes helpful advice about different types of drinks and their advantages and disadvantages to our health.