

Making

WATER MORE APPEALING

Use one or all of these tips to make water more enticing to children:

- Stock the fridge with jugs or pitchers of tap water so there is always some freshly chilled water available.
- Use ice cubes to ensure water is nice and cold. Make it more fun by using fun-shaped ice cube molds, they make everything from animals to shapes to numbers and letters.
- Infuse a bit of fun flavor by adding lemon and orange, melon and mint, cucumber, or frozen berries to your water. Engage the children by letting them come up with ideas for the next flavor infusion.
- Offer flavored (unsweetened) seltzer water in place of “still” water as it has additional flavor and fizz! The sound, look, and way it feels can be appealing to kids.



- Decorate (or ask the children to decorate) personalized water bottles to keep at your program. You can cover the decoration with a clear sealant so they can be hand washed without impacting the design.
- Keep silly straws on hand as a special treat to use when drinking water.
- Use unique containers, such as mason jars, as glasses. Check out Amazon, Job Lots, or even hardware stores for them.

Cheers to drinking water!

MaineHealth

LET'S GO!

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