

Setting Up a

# SELF-SERVE WATER STATION

Water is  
the **best**  
thirst  
quencher

To ensure the children in your care are getting plenty of water, encourage them to drink it by making it freely available. One way to do that is to set-up a self-serve water station so that children can get a drink without having to ask.

Here are some tips to guide you in setting up a self-serve water station.

- **Create a designated spot to keep pitchers or jugs of cool water and cups at all times.** Make sure they are refilled when needed and within reach of the kids.
- **Set-up an insulated water dispenser outdoors for use during outdoor play.** This may be the best option for keeping the water at a drinkable temperature.
- **Provide each child with their own unique mug to keep at the program.** This makes it easy to identify each child's mug and they are easy to clean and refill.
- **Provide each child with their own water bottle to keep at the program.** This may be the best option to avoid spills but can be cost prohibitive. You may want to consider asking parents to provide a water bottle for their child that can be kept at the program.
- **Contact your local Let's Go! Coordinator.** They may be able to assist you in either obtaining supplies or funding for supplies to ensure water is freely available.

**Regardless of whether or not you have success in setting up a self-serve water station, be sure to schedule water breaks into every program day. This is an easy, purposeful way to make hydrating with water a regular part of the day.**

MaineHealth

**LET'S GO!**

**5-2-1-0**