



HELPING YOUR CHILD: Learn what to drink and how much

What and how much your child drinks affects their appetite and growth. Some kids want to drink all day, while others need help drinking enough. Help your child drink the right amount and get the nutrition they need to grow and develop well.

INSTEAD OF....	TRY THIS....
Sweet drinks like soda, juice drinks, flavored milk, or sweetened tea	Offer water in a favorite cup to drink throughout the day. Or, flavor water with herbs, fruit, or veggies.
Large amounts of juice	Limit 100% juice to 4-6 ounces each day. Encourage your child to eat whole fruits instead. This gives them more fiber and nutrients.
Allowing your child to drink from a bottle	Wean your baby from the bottle around 12-14 months. If they need a bottle at night, only put water in it. The longer they use a bottle to drink milk or other liquids, the harder it will be to wean them.
Whole milk	Starting at 24 months, offer low-fat milk. This helps limit saturated fat while providing the same amounts of calcium, vitamin D, and protein.
Goat, sheep, or plant-based milk like oat or rice (other than fortified soy milk) <i>These types of milk may not have enough calories, vitamins, fat, or minerals.</i>	If your child can't drink cow's milk, offer lactose-free cow's milk or fortified soy milk. These types of milk give your child nutrients that are important for their growth.

WHAT YOUR CHILD DRINKS MATTERS

HERE'S WHY >>>

Giving sugary drinks, or too much milk or juice can cause:



My child does not like plain water. What else can I offer?



Get creative and offer naturally flavored water!

TO PREPARE:

- 1 Wash fruit, veggies, and herbs.
- 2 Slice produce and herbs and place in a pitcher.
- 3 Add water, stir well, and refrigerate for at least 4 hours.
- 4 Strain before offering to young kids.



Let your child suggest flavor combinations!

FLAVOR IDEAS:

Cucumber + Watermelon

Lemon + Basil

Blueberries + Raspberries

Kiwi + Strawberries

Lime + Mint

Orange + Lemon



Actions I will take to help keep my family healthy:

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SCAN



— OR —

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- Visit wichealth.org
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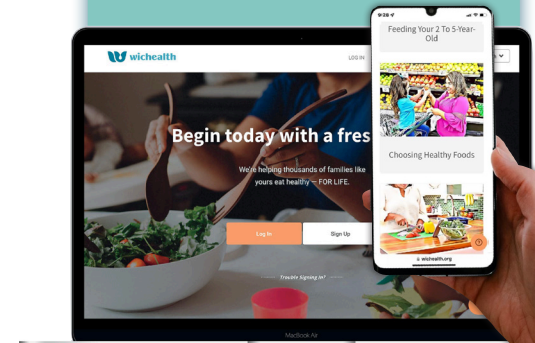
DRINKS

What and how much to offer each day?

TYPE OF DRINK	AGE	
	2 TO 3 YEARS	4 TO 5 YEARS
WATER Encourage!	1 to 4 cups	1 to 5 cups This varies based on physical activity.
LOW-FAT MILK Limit to:	2 to 2½ cups	2½ cups
100% JUICE Limit to:	4 to 6 ounces	4 to 6 ounces

IS IT OK TO GIVE SPORTS DRINKS SUCH AS PROPEL® OR GATORADE®?

Sports drinks are made to quickly rehydrate adult athletes who have lost fluids through sweating. These drinks have sugar, sodium, and potassium. Healthy children can usually get enough of these things from what they eat and drink. Avoid giving sports drinks unless directed to do so by your child's health care provider.



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