



## How To Encourage Your Toddler To Drink Water



Replace ice cubes with frozen fruits

Consider buying mustache straws or ones with attractive designs



Use fruits such as berries, cucumbers, and lemons to make infused water

Give children their own special drinking cups and tiny bottles that are easy to handle



Set up a reward system such as giving a reward sticker for drinking their water

Be a role model for your child



Carry water bottles during travel

Replace juice, flavored milk, artificially sweetened beverages, and sugary drinks with plain or infused water



### References

1. Choose Water for Healthy Hydration; American Academy of Pediatrics
2. 11 Ways to Get Your Kids to Drink More Water; Children's Hospital Colorado