



# NEWSLETTER FOR PARENTS

**REV YOUR BEV IS A STATEWIDE INITIATIVE SUPPORTING HEALTHY HYDRATION INITIATIVES IN EARLY CARE PROGRAMS AND ENCOURAGES CHILDREN AND ADULTS OF ALL AGES TO CHOOSE WATER!**

## DID YOU KNOW?

- Water is the healthiest beverage for our bodies.
- A person could survive about six weeks without any food, but could only survive about a week without any water.
- Water has many important functions, such as keeping us hydrated and energized, flushing out toxins, and making our skin glow.
- Our bodies are 60% water.

## TIPS FOR PARENTS

- Encourage drinking water by enjoying it in front of your child.
- Ensure that your child always has access to water so they can get it whenever they want.
- When your child is thirsty, make sure you are offering him or her water first.
- Infuse water with fresh fruit and vegetables to mix it up.

## HOW MUCH WATER DOES YOUR CHILD NEED EACH DAY?

Daily water needs vary based on age, gender, physical activity and event temperature. Below is a general recommendation for water intake daily.

AGE	NUMBER OF CUPS PER DAY (1 CUP = 8 OZ)
1 - 3 YEARS	4
4 - 8 YEARS	5
9 - 13 YEARS	8 FOR BOYS / 7 FOR GIRLS
14 - 18 YEARS	11 FOR BOYS / 8 FOR GIRLS

[https://wicworks.fns.usda.gov/wicworks/Sharing\\_Center/WY/Hydration/Display\\_Elements/hydrationfluidfacts.pdf](https://wicworks.fns.usda.gov/wicworks/Sharing_Center/WY/Hydration/Display_Elements/hydrationfluidfacts.pdf)  
<http://www.eatright.org/resource/fitness/sports-and-performance/hydrate-right/water-go-with-the-flow>

