



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
<http://www.eatright.org/resource/fitness/sports-and-performance/hydrate-right/water-go-with-the-flow>

