

## Tips for keeping children well hydrated:

1. It doesn't have to be water – many fruits and vegetables have a very high-water content. Offer watermelon, strawberries, cucumbers and other watery fruits and veggies for snacks.
2. Make sipping fun. Let your children pick out their own drinking cups or travel bottles in their favourite colours or decorated with their favourite characters. Buy a set of crazy straws or different types of straws for sensory preferences (metal, bamboo, plastic). Make funny noises with straws, blowing water at each other - making it a game!
3. If your child hates drinking 'boring' water, give it some flavour and colour. Freeze berries into ice cubes, or infuse water with fresh fruit, herbs or vegetables such as lemon, mint, watermelon or orange. Invest in ice cube trays that make ice in fun shapes. Even adding unflavoured soda to water makes it more of a treat – bubbles without the calories!
4. Make your own popsicles for a fluid-rich treat. Puree fruit or use no-sugar-added fruit juice and pour into freezer moulds.
5. Make sure water is easily accessible for little ones. If they can't reach the sink set up an easy-to-use watering spot and a few cups in a place where they can reach it.
6. Be prepared! Invest in an assortment of reusable travel bottles and keep them filled and in the fridge so you can grab them any time you head out for a walk, bike ride or car trip.
7. Create a reminder system for drinking water. This could be a chart on the refrigerator that children can mark each time they have a serving of water, or, if you're out and about, a timer set on your phone to remind the family that it's time to take a drink. Try marking out on a bottle how much fluid needs to be had (and when).