Congratulations on drinking water!

To encourage children to drink water try adding slices of fruits such as lemon or orange to water, for variety and flavour

Children are at a greater risk of dehydration than adults

Early Years Children should drink 6-7 cups or beakers of fluid a day (based on 150ml per serving)

Let your children choose their own drink bottle or serve water in colourful glasses or jugs

Birmingham tap water has fluoride added to help protect our teeth



Be a role model like Suzy Startwell! Make a point of drinking water with your kids

www.startwellbirmingham.co.uk