

**FOR AN  
ENVIRONMENT  
THAT PROMOTES  
WATER  
CONSUMPTION  
AT DAYCARE**



# The activity room



- Water is visible and available at all times in the room.
- Water is given to the children when it is requested.
- The educator promotes water.
- Water breaks are planned throughout the day.
- Cups, glasses or bottles of water are available in a specific location\*.

\* Allocating a special place to store bottles/cups helps reduce the risks of spills. For example, this may be a dedicated table in the room or the bottom shelf of the bookcase.

# The lunch corner



- Small glasses are available to each child.
- Water is available on request and visible during mealtimes.
- At the end of mealtimes, those children that did not ask for water, are later offered some by their educators.

# The water fountains:

- are cleaned several times a day (buttons and spouts) and the children are taught not to put their mouth on the spout.
- are highlighted with murals, signs or crafts.
- have a spout for filling bottles.
- are at a suitable height.
- offer fresh water.



# In the outdoor play area

- Water is available and visible outside.
- Water bottles are transported in a cooler when it's hot outside.
- Water is offered at various times and on request.



## ABOUT THE CAMPAIGN

### **I'M THIRSTY FOR HEALTH!**

The **I'm Thirsty for Health!** campaign is designed to promote healthy hydration by encouraging, normalizing and valuing the consumption of water by children.

*Let's build communities where water is the most visible and attractive drink for our children!*



collectif  
**vital**

More tools are available at [thirstyforhealth.ca](http://thirstyforhealth.ca)

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