

HEALTHY HYDRATION AT DAYCARE



Be a proud role model

Every day, you contribute to the healthy growth and development of young children.

Children:

- learn a lot from those who mean something to them;
- observe and imitate the people around them;
- are sensitive to the signs of confidence you give them.



Your words and actions make all the difference!

You are a source of inspiration to promote and support healthy hydration in children. This good healthy habit has the potential to follow them for life and contribute to their health.

A model of healthy hydration means:

- consuming water regularly for enjoyment.
- encouraging children to drink water in various contexts.
- participating in the Mister FunWater Challenge, by toasting with the children during lunch or at another time of day.
- teaching children not to put their mouth on the water fountain spout.
- contributing to creating favourable conditions for consuming water in your early childhood education centre*.
- avoiding bringing and drinking sugary drinks at the daycare.
- avoiding offering sugary drinks to the children.

Thank you for being a good role model for the children!!

* The For an environment that promotes water consumption at daycare infographic suggests various conditions that foster water promotion. Visit thirstyforhealth.ca/daycare.