



Water First for Thirst!

When your child says,
“I’m thirsty”, offer water
before any other drink.



PREVENT. PROMOTE. PROTECT.

Developed by Healthy Children Healthy Weights at Columbus Public Health

For information about these materials visit www.publichealth.columbus.gov

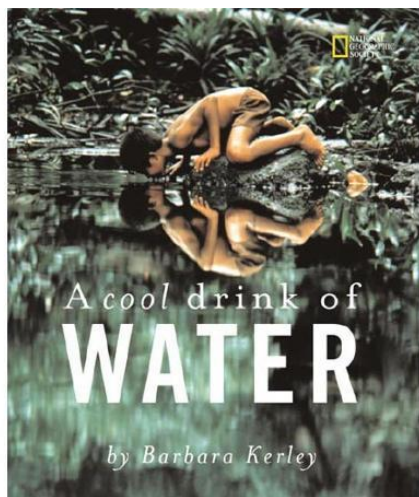


THE CITY OF
COLUMBUS
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COLUMBUS
PUBLIC HEALTH



Water First for Thirst ★★★★★★★★★★★★★★★★★★



Title

A Cool Drink of Water

Author

Barbara Kerley

Summary

An Italian boy sips from a fountain in the town square. A hiker takes a refreshing drink from a mountain stream. Women in India stride gracefully through a field with brass water jugs balanced on their heads. Whether they squeeze it out of a burlap bag, haul it home from a tap, or get it out of their kitchen faucet, people all around the world are unified by their common need for water. This book shows how people in various cultures use and conserve the world's most vital resource—water.

To borrow a free copy, visit the Public Library of Cincinnati and Hamilton County to find a library branch near you at <http://www.cincinnati.library.org/>. This book is also available in stores and online.



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Healthy Beverages

With the increasing amount of marketing and advertisements emphasizing sugar sweetened beverages, it is not surprising that soft drinks have been found to be the food category most strongly linked to increased rates of obesity. To combat media messaging, it is important to encourage children to drink water at an early age rather than sugary juice drinks and other sweetened beverages. Water is not only important for maintaining daily body functions and energy levels, it is also necessary for a healthy body weight. Remember the role you play in modeling healthy drink choices by choosing water first to help children develop their own healthy beverage habits.

Recommendations

Other than water, adults and children should limit drink options to milk and 100% fruit juices. According to the American Academy of Pediatrics (AAP), recommendations for milk are: breast milk or iron fortified formula only for infants until 12 months old; whole milk for children 12 to 24 months old; and skim or 1% milk for children 24 months and older. The AAP recommends the following guidelines for 100% fruit juices: no juice for children younger than 6 months; no more than 4 ounces for children ages 6 months to 3 years; and no more than 6 ounces for children older than 3 years.

What You Can Do

Parents are encouraged to use these tips to be a healthy role model and encourage healthy beverage habits in the home:

1. Always think *Water First for Thirst!* When your child says “I’m thirsty.” Remember to encourage water before anything else.
2. Model healthy beverage choices and drink water in front of the children.
3. Make water fun and try adding slices of orange or lemon for a citrus burst or freezing berries in ice cube trays and let children watch it melt away as they drink up!

For more information on Water First for Thirst:

1. Nemours | 5-2-1-Almost None—
<http://www.nemours.org/service/health/growuphealthy/521almostnone.html>
2. Step Up and Go | Fruit Infused Water—
https://stepupandgo.org/uploadedFiles/85210_Campaign/0-%20Water%20infused%20recipes.pdf
3. United States Department of Agriculture | WIC Works Resource System—
http://www.nal.usda.gov/wicworks/Sharing_Center/gallery/water.html

Adapted from: Columbus Public Health—Healthy Children, Healthy Weights Program



HEALTHY FAMILIES: ACTIVITY OF THE MONTH



Water First for Thirst ★★★★★★★★★★★★★★★★★★★★★★★★

Wacky Water Wednesday

On Wednesday (or any other day of the week), make it a point to create a new “Wacky Water Recipe” for the family to try. Add fun flavors to your water using sliced fruit, crushed or whole herbs, or other “seasonings.” You can even try adding a splash of color with food dye. Have the children make up a fun name for the recipe and then hold a family taste test. Have everyone say what they like and what they dislike about the new flavor of the week. Tip- If you add the fruits or herbs the night before, the flavor will have more time to develop and will be stronger.

Decorate a Water Bottle

Choose plain colored water bottles you have at your house or purchase some at your local dollar store. Use pens or markers and have the children draw or color to decorate their own unique water bottle. You can also include each child’s name on their bottle. Encourage children to use their water bottles every day to drink more water by keeping them filled with water, in the refrigerator, and easy to grab.

Outdoor Water Fun

June is the kick-off for summer water activities, so get out and get wet! Have a family water balloon toss or even turn chores into fun by letting your children help scrub down the car. Take the family out on a water adventure to the park—try canoeing, kayaking, rafting, fishing, or just splash around in a lake. Visit the Great Parks of Hamilton County website to find a park closest to your home and a list of fun outdoor water activities at <http://greatparks.org>.



mango shake

Ingredients

2 cups low-fat (1%) milk

4 tablespoons frozen mango
juice (or 1 fresh pitted mango)

1 small banana

2 ice cubes



1. Put all ingredients into a blender. Blend until foamy.
Serve immediately.

Variations: Instead of mango juice, try orange juice, papaya, or strawberries

Yield 4 servings, **Serving Size** $\frac{3}{4}$ cup, **Calories** 106, **Total Fat** 2g,
Saturated Fat 1g, **Cholesterol** 5mg, **Sodium** 63mg, **Total Fiber** 2g,
Protein 5g, **Carbohydrates** 20g, **Potassium** 361mg



National Heart, Lung,
and Blood Institute

Banana Berry Smoothie

Ingredients

- ½ banana, peeled and sliced
- 1 cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries)
- ½ cup 1% lowfat or nonfat milk or soft tofu
- ½ cup 100% orange juice

Preparation

1. Place all ingredients in a blender container. Put lid on tightly.
2. Blend until smooth. If mixture is too thick, add ½ cup cold water and blend again.
3. Pour into 2 glasses and serve.

Makes 2 servings. *One serving equals 1⅓ cups.*

Preparation time: 5 minutes



Water First For Thirst!

Healthier drinks for healthier kids.

WATER:

- When your child says, “I’m thirsty,” offer water before any other drink.
- Be a role model...drink water in front of children.
- Have water available at meals and snacks.

MILK: Make sure you’ve got the right milk.

- Choose fat-free or low-fat milk for children 2 years and older.
- Choose whole milk for children ages 12-24 months old.
- Breast milk is best for the first 12 months of life.

JUICE: Juice is not a must — even 100% juice has natural sugars and can fill kids up. Recommendations for 100% juice:

- 4 oz (1/2 cup) or less per day for children 6 months to 3 years.
- 6 oz (3/4 cup) or less per day for children 3 years and older.



Make Water Fun

- Add sliced citrus fruits or berries for flavor
- Put in fresh mint or basil to jazz things up
- Have children decorate their own water cup