



REV YOUR BEV

PARENTS NEWSLETTER



INTRODUCTION

Rev Your Bev Week is a statewide week of action celebrating healthy hydration initiatives in early care programs and encouraging **Virginians of all ages to choose water.**

DID YOU KNOW?

- **Staying hydrated boosts brainpower!** The human brain is about **75% water**, and drinking plenty of it can help children think and concentrate better.
- **Drinking water keeps children's bodies strong and energized.** It not only helps bodies break down food, but water also helps keep muscles and joints in good shape.
- **Water gives children the power they need to play, learn, and explore** all day long by creating energy in their cells.
- **Staying hydrated protects children from germs and viruses.** Regular water intake keeps important mucous membranes soft and moist to better catch viruses. So the next time your child blows their nose or sneezes, the mucus leaves the body with the virus!
- **If your child is feeling thirsty, they're already dehydrated.** Encourage them to take sips regularly to avoid dehydration.

TIPS FOR PARENTS

- 1 Make water drinking into a game.**
Take a sip of water when your child's favorite TV character says a specific word or phrase.
- 2 Set up a water drinking reward system.**
Give your child a sticker they love or do a special dance when they finish their water bottle.
- 3 Make water the fun and easy choice.**
Try using wacky reusable straws and/or colorful water bottles to increase the appeal of water to your child, and always have water available for them.
- 4 Involve your child in creating infused water recipes.**
Make water even more appealing and delicious.

HOW MUCH WATER DOES YOUR CHILD NEED EACH DAY?

Children's water intake should meet the daily recommendations based on their age group and gender. See the recommended intake below:

Age	Daily Water Intake*
1-3 years	4 cups (32 oz)
4-8 years	5 cups (40 oz)
9-13 years	8 cups for boys (64 oz) / 7 cups for girls (56 oz)
14-18 years	11 cups for boys (88 oz) / 8 cups for girls (64 oz)

*Note: Consumption of unpasteurized juice products is not recommended in infants, children, and adolescents.



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RECIPES TO REV YOUR BEV

Tap into your child's natural curiosity by encouraging them to select a fruit and/or fruit combination they want to try. Here are some ideas to get you started:

- Apple and Clove
- Strawberry and Basil
- Blueberry and Peach
- Raspberry and Mint
- Nectarine and Cinnamon
- Blackberry and Ginger
- Watermelon and Cucumber



READY TO REV YOUR BEV?

STEP ONE:

Slice up the fruit.

STEP TWO:

Stir fruit and herbs or spices into a pitcher of water and let chill in the refrigerator overnight.

STEP THREE:

Add ice, pour into a cup, and enjoy!

Recipe Tip

Make fancy, fruity ice cubes! Try freezing fruit inside ice cubes. Not only will it be fun for your child to help place the sliced-up fruit in the ice cube tray, but it will also make your water look extra fancy and deliver even more flavor.

CREATE A WATER BOTTLE SLEEVE

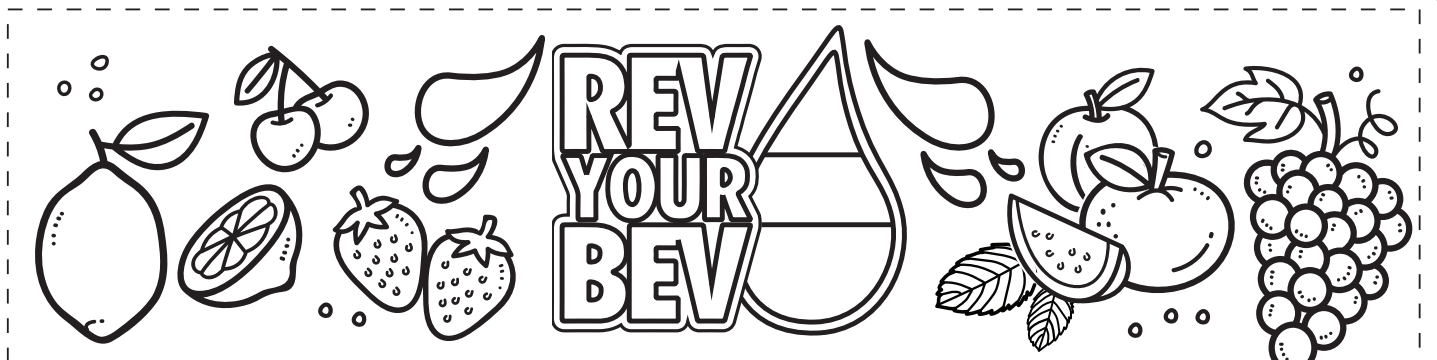
Make drinking water even more fun by creating a cool, personalized water bottle!

What you need: a reusable water bottle, crayons or markers, safety scissors, tape, and stickers (optional)

GET STARTED:

- Encourage your child to color in the design below and draw different fruits and vegetables that they would like to infuse into water.
- Cut out the drawing on the dotted line.
- Tape the strip of paper around a water bottle.
- Create a fun combination of fruits, vegetables, and herbs with your child, and infuse water in the newly decorated water bottle.

Cut along the dotted line



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