



REV YOUR BEV

Parents Newsletter



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.**

Fun Water Facts

Water looks like nothing but helps us do everything! Share these facts with your kids:



Water helps our brains think fast. Did you know our brains are about 75% water?



Water helps us stay energized. Water keeps muscles and joints healthy so we can keep playing.



Water helps us feel our best. Drinking enough water helps us avoid being grumpy. It can even help us fight off germs!



Water helps us poop! It's true! Water helps soften our poop and makes it easier to pass.

Tips For Parents:

- 01. Keep water at eye level.** When water's the first thing kids see, it can become their first choice.
- 02. Let them own it.** Give kids their own water bottle or sippy cup or let them pour from a child-sized pitcher.
- 03. Make it fun.** Use silly straws, colorful reusable bottles, or fun-shaped ice cubes. You can even add fruit!
- 04. Model healthy habits.** If kids see you drinking water, they'll have a great example to follow.

How Much Water Does Your Child Need?

Age		Daily Water Intake
1-3 years	=	4 cups
4-8 years	=	5 cups
9-13 years	=	7-8 cups
14-18 years	=	8-11 cups



REV YOUR BEV With This Recipe

Make Strawberry Mint Water with your child! Add **1-2 sprigs of mint** and a **handful of sliced strawberries** to a pitcher of ice water. Chill for 20 minutes and enjoy.



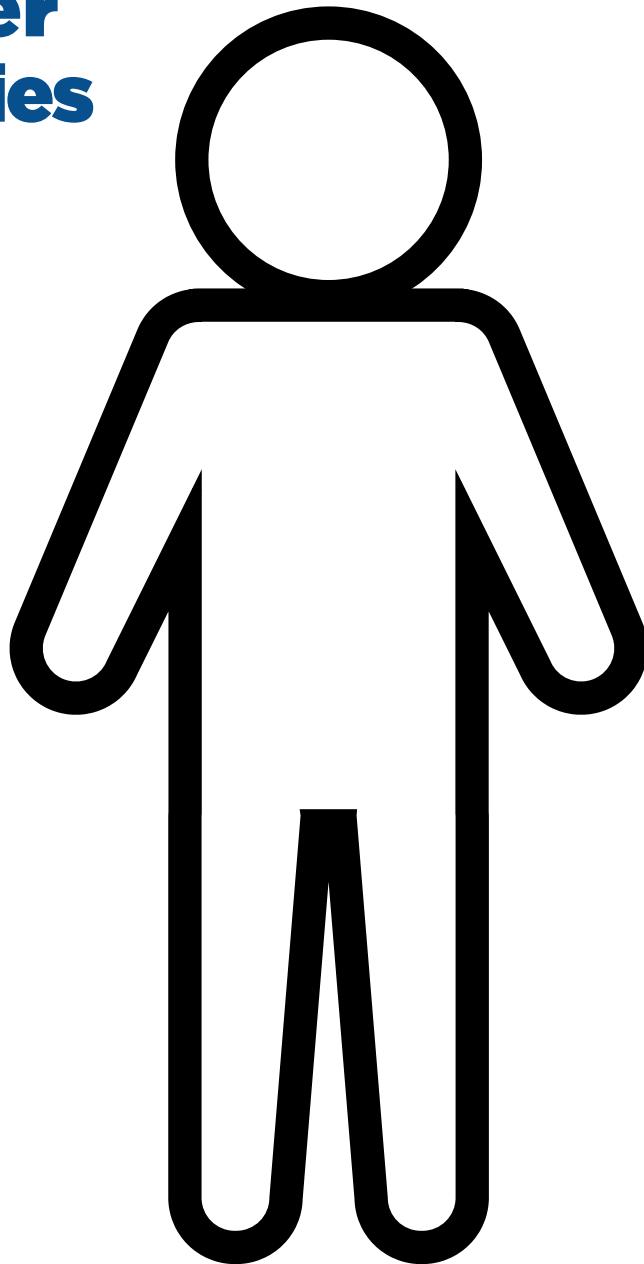
Activity

See How Water Helps Our Bodies

This activity can teach kids how water helps different parts of our bodies so we can stay healthy and strong! Have your child color the face and body, then help them cut out the body parts and place them on the body shape.

While your child works, you can tell them facts about water:

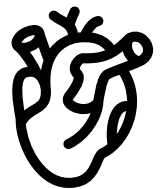
- Water helps your **brain** think faster.
- Water helps your **stomach** digest food so you have energy to play.
- Water is important for your **heart**. It helps your heart work hard and pump blood.
- Drinking water can actually make your **muscles** stronger!



BRAIN



MUSCLE



HEART



STOMACH