

Drinking Water Guidance

Purpose

Children need to drink fluids throughout the day to stay hydrated. Plain drinking water is the best beverage choice for thirst. In addition to hydration, tap water includes fluoride which helps to prevent cavities. Children should be encouraged to drink water throughout the day. Sweetened beverages should not be offered and juice should be offered at a minimum.

Guidance

This Guidance outlines practices related to serving beverages to children 0 – 5 years old.

- Make drinking water available at all times for self-serve both indoors and outdoors.
 - This includes a stand-alone drinking fountain, pitchers of waters with cups or a water dispenser. Pitchers and dispensers should be washed and sanitized daily and refilled the following day.
- Serve water at the table with snacks when no other beverage is offered.
 - Put a pitcher of water and cups on the table when neither milk nor juice are served.
- Never serve sugar sweetened beverages and limit juice.

Nutrition Facts	
Serving Size: 8 fl oz (240 mL)	
Servings Per Container: 16	
Amount Per Serving	
Calories	120
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	% Daily Value*
Total Fat	0g 0%
Sodium	25mg 1%
Potassium	280mg 8%
Total Carbohydrate	29g 10%
Sugars	29g
Protein	0g
Iron	2%
<small>Not a significant source of Calories From Fat, Saturated Fat, Trans Fat, Cholesterol, Dietary Fiber, Vitamin A, Vitamin C, and Calcium</small>	
<small>* Percent Daily Values are based on a 2,000 calorie diet</small>	

Leading brand of apple juice contains over 6 tsp of sugar.

- This includes chocolate milk, juice drinks, lemonade, soda pop or other beverages with added sugars.
 - 100 % fruit juice may be offered in limited amounts; serve juice no more than once a day in four to six oz. portions to children over 12 months. It is best to limit juice to twice a week or less.
 - Juice contains the same amount of sugar ounce for ounce as soda pop. Offering whole fruit and vegetables as a snack choice provides vitamins and fiber.
 - Juice should not be served in between meals and snacks.
- Do not serve juice to babies under 12 months.
 - Parents should be notified that juice will not be served to any infant under 12 months old.
 - Suggest resources to parents about the benefits of offering water in a cup when the baby is developmentally ready.
 - Do not offer water to babies under 6 months unless in a cup and with the introduction of solid foods.
 - Water in a bottle may interfere with adequate nutrition from breastmilk or formula.

Resources

[Cavity Free Kids](#),

[Caring for Our Children](#), National Health and Safety Performance Standards Guidelines for Early Care and Education Programs, 3rd Edition, 2011, American Academy of Pediatrics