

Dear Parents or Caregivers,

Today your child learned about drinking water. He/she learned that people, plants, and animals need water, and that drinking water keeps our bodies healthy. Ask your child when they should drink water, and they should tell you that they should drink water every day, especially after exercise or when it's hot outside. You can use the water coloring sheet that your child received during our lesson to review the importance of water.

Choosing water over other sugary beverages is a great way to make sure your child stays hydrated without excess calories. Here are some ideas to help encourage your child to drink enough water:

- Add their favorite fruits to a glass of water to add flavor.
- Buy a reusable water bottle for your child and allow him/her to decorate it.
- Always have water readily available.

To reinforce the key points from today's lesson, encourage your child to drink water every single day.

For more information regarding water, please visit [www.cdc.gov/healthywater/drinking/nutrition](http://www.cdc.gov/healthywater/drinking/nutrition).

Sincerely,

**Dina Sizemore**

Extension Program Assistant  
UF/IFAS Extension Family Nutrition Program  
Sarasota County  
6700 Clark Rd, Sarasota, FL 34241  
[dsizemor@scgov.net](mailto:dsizemor@scgov.net)

