



THIRSTY?
**CHOOSE
WATER!**

choosewater.com.au

Can't get your child to drink water?

- Don't buy soft drinks, cordials, etc
- Provide water in a refillable drink bottle
- Keep a jug of water in the fridge
- Have water on the table at mealtimes
- Drink water yourself
- Remind them that soft drinks are for special times, not everyday



with meals



refillable



special
occasions



in the fridge