



Q4:H₂O

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
- Explain that soft drinks are for special times not everyday



Health
Central Coast
Local Health District

with meals



refillable



SPECIAL
OCCASIONS



in the fridge

