

Water Every Day



Dear Parent,

Your child is learning about the importance of staying hydrated by drinking water regularly throughout the day with a health education program called **Water Every Day**, made possible by Nestlé® Pure Life® Purified Water.

You can learn along with your child by sharing the classroom activity sheets he or she brings home, each of which includes helpful information especially for you. You'll find out that children need to drink proportionately more liquids than adults, how to spot the signs of dehydration in your child, and ways to encourage your child to drink more water at home.

How Much is Enough?

What's a good rule of thumb for how much fluid your child should have each day? To maintain proper body functions, your child needs to replace the fluids lost during the day by sweating, breathing, and going to the bathroom. For children ages 6–8 years old, this adds up, on average, to approximately 40 oz. of fluids each day.

Children can get the fluids they need by drinking water and other beverages, as well as from fresh fruits and vegetables. But for a healthy lifestyle — for your child and your whole family — clear, zero-calorie water is a great hydration choice. Now that's refreshing!



Mom's Wisdom!

"Mom knows best" when it comes to keeping families healthy. Now you can share your wisdom, including how you help your children thrive by teaching them good hydration.

Find out more by visiting the "Live Well" section at the Nestlé® Pure Life® Purified Water Web site, www.nestle-purelife.us.



Nestlé® Pure Life® Purified Water has teamed up with the Partnership for a Healthier America (PHA) and Honorary PHA Chair First Lady Michelle Obama in the *Drink Up* initiative to promote the importance of drinking more water as part of a healthy lifestyle.



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