



Healthy Hints for Parents - Part 2

Water Works! - But how do we get our kids to drink it?

To all School Health Coordinators & Parents

This is part 2 of a series of 10 articles on how to encourage your children to eat healthy compliments from Kidz Bodz. If you would like these emailed directly to you every Monday please call 1300 73 11 49 or send your request via the Kidz Bodz web site @ www.kidzbodz.com.au & Don't forget to make your Kidz Bodz school visit booking - individual class or whole school bookings available

Did you know our bodies can't store water and we need fresh supplies every day? Because we lose water each day, it is essential that it is constantly replaced. This should happen before you feel thirsty as symptoms of dehydration can be felt by that stage resulting in tiredness, headaches, irritability and reduced ability to concentrate.

We must encourage and support our children to drink at least 6 glasses of unflavoured fresh water every day and be a positive role model by drinking at least 8 glasses of water a day ourselves. If we can encourage this habit we are doing our children a huge favour as the benefits will result in children with higher levels of energy and alertness.

Fortunately these days drinking water is becoming common practice for most adults. Adults everywhere can be seen carrying their water bottles and sipping throughout the day. However many children don't have this habit & will refuse to drink unless the water is flavoured with sugar filled flavourings & cordials and parents often indulge this behaviour in fear of their children not drinking at all if these things are not available.

Parents - take control!

The rule in my house is if it's not there they can't have it. Do your kids a huge favour and clear out your cupboards of cordials, flavourings & soft drinks and make water the only option.

Here are a few hints about how to make this process easier.

1. Remember it takes people about 3 weeks to form habits. Persist with the water only rule for 3 weeks before you make a decision whether this is working or not.
2. Make water a fun and attractive option by trying the following ideas:
 - Fill a water dispenser with water and leave it in the fridge for kids to help themselves to any time - kids love cold water
 - Encourage kids to be creative with their water. Have plenty of different shaped iceblocks in ready to grab containers in the freezer. Have sliced oranges, lemons or limes ready for the kids to add to their creations
 - Buy a couple of water bottles - like the one's restaurants use (you can just get these for a couple of dollars at various discount shops in different shapes and sizes) Fill these with water and keep in the fridge. Use these only for dinner time just like in restaurants.
 - Freeze your child's school water bottle and it will keep cold all day at school making the sipping throughout the day enjoyable.
 - Allow your child to decorate their own water bottle and encourage them to take it everywhere with them.
 - Make drinking water a family challenge by listing family member's names and placing coloured stickers next to each name for every glass of water drunk each day. Offer a reward for reaching their targets (no lollies or junk food please)

Good luck and remember it is important to sip rather than guzzle as this allows for maximum absorption.

And make sure your school is a Kidz Bodz school. Find out more at www.kidzbodz.com.au