

# Water Is Best for Teeth

## Did You Know?

- Water is the best drink for our teeth and bodies.
- Offer water to your child for thirst and throughout the day.
- Juice, soda pop, and sports drinks cause cavities. Save them for special days.
- Water may contain fluoride, a natural mineral that helps prevent cavities.



## Take the Healthy Mouth Challenge!

I will:

- Drink and serve my child more water during the day instead of juice, soda pop, and sports drinks.
- Make drinking fun by giving my child a water bottle or straw.
- Make water more interesting for my child by adding slices of fresh lemon, cucumber, or strawberries.



## Water Drinking Chart

Circle how many glasses of water your child drinks in a day!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday