

# Can't get your child to drink water?



**Water and reduced-fat milk are the best drinks for primary school-aged children.**

- 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 for drinking every day.

Refillable



Ready in the fridge

