

# Think about that Drink!



**Keeping hydrated throughout the day is very important for your child. With the wide variety of choice, there are many reasons why you should make water the first choice drink.**

**School-aged children should be drinking at least six glasses of water a day.**



## Why is water the best drink?

Water	Fizzy Drinks
It helps your child stay alert and focused and that means more participation in class.	They are a cause of tooth decay and cavities.
Keeping hydrated helps with your child's cognitive functions.	They contain added sugar that may result in inattention and divert focus during class.
It may lessen headaches, stomach aches and even sleepiness.	They are more expensive than water.