

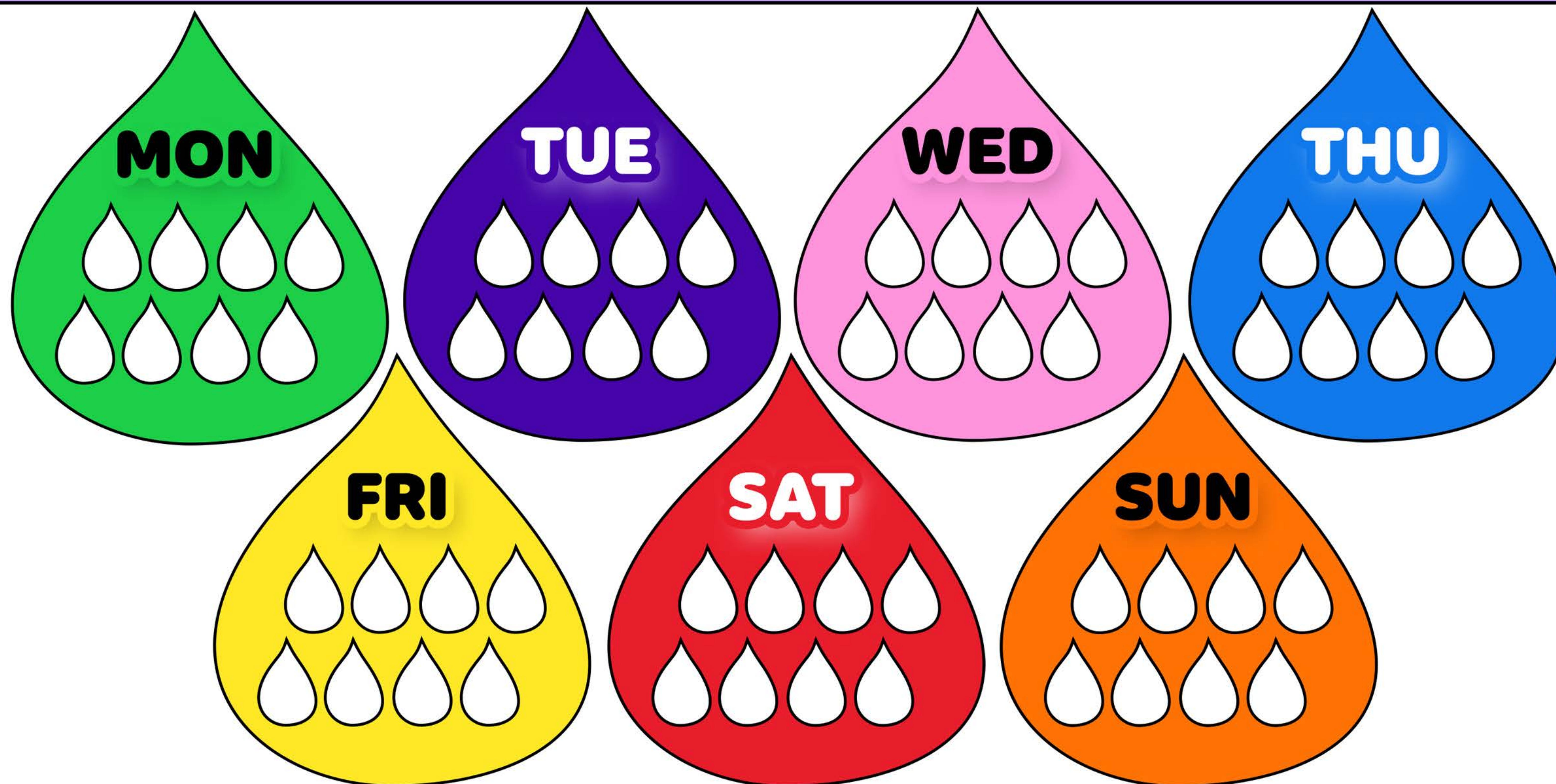
WATER TRACKER

Challenge addressed: Hydration

Ask your child to colour in a water droplet every time they've finished a drink. You can encourage your child to drink by turning it into a water-drinking challenge, and set a weekly goal based on the recommendations below. Your child may need more or less than the recommended amount of water, depending on the outcome of their poo and wee charts (find these activities on the Parents' Toolkit website via the QR code). You and your child could personalise and decorate their water bottles, for example with stickers.

Recommended amount of water per day: 1-3 years: 1,000mls (approx. 4 cups). 4-8 years: 1,300mls (approx. 5 cups). 8-13 years: 1,500mls-1,800mls (approx. 6-8 cups).

Scan for more information



	This week _____
	has completed the
	water-drinking challenge!
Date:	Signed:

