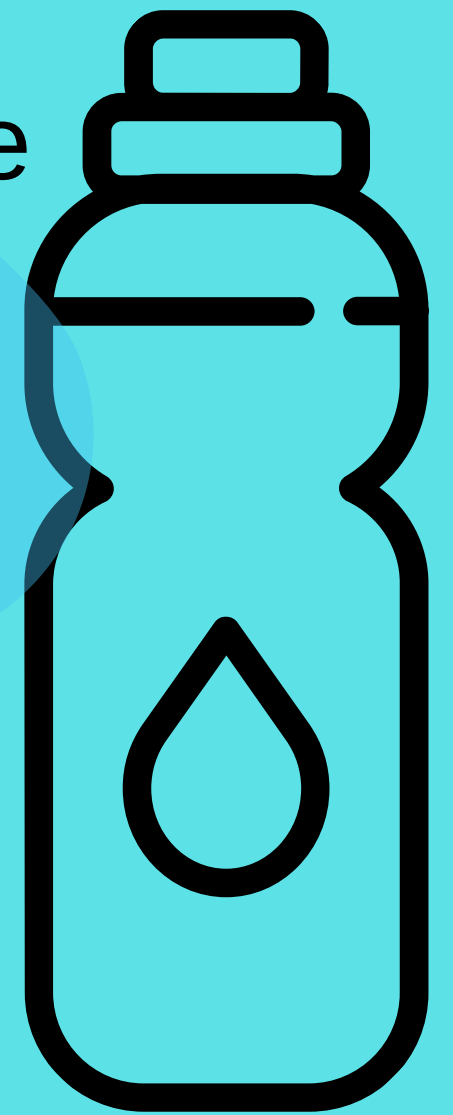


Why is drinking water throughout the day so important for your child?

Community
Dental
Services

Drinking water has many benefits:

- Keeps your child hydrated
- Helps to keep your child alert and able to concentrate
- Aids digestion
- Lubricates joints and muscles
- Carries nutrients and oxygen to the brain
- Does not affect your child's appetite
- Reduces risk of tooth decay



The downside to drinking water alternatives like flavoured water, juice and squash:

- Regular sipping can cause tooth decay
- Many of these drinks contain sugar
- These drinks are usually acidic and can cause your child's softer enamel to be worn away
- Can fill up your child and reduce appetite
- Even drinks advertised as "sugar-free or no added sugar" contain sugar, sometimes disguised as fructose, dextrose etc

KEEP THESE DRINKS AT HOME AND WITH A MEAL ONLY

Please be mindful of what you put into your child's drinking bottle throughout the School day. Our healthy eating policy states that Water only should be in drinking bottles.