

WATER STRATEGIES

REAL-LIFE WATER PROMOTION STRATEGIES DEVELOPED BY PHILADELPHIA EDUCATORS WORKING WITH YOUNG CHILDREN

WHAT EDUCATORS SAY ABOUT WATER



- Keeps children hydrated for physical wellness & cognitive function
- Is important before and after physical play
- Promotes oral health



DRINK THE RAINBOW!



Flavor water and use fun language.

How: Create different types of flavored water and call it “fancy water”. Challenge the children to “drink the rainbow” with a variety of infused waters (Ex: lime, orange, blueberry, watermelon)

Extension: Make a chart/table to see who liked which flavor best.

“CAN WE DO MORE FANCY WATER? – CHILD IN PHILADELPHIA PRE-K”



INNOVATIVE IDEAS

- Assign a water helper - a child to help pour from a small pitcher and give water to others
- Change pace of day - incorporate a water break when children need to transition
- Incorporate skills - try having children count cups
- Encourage children to ask for water (creating an environment where it is OK to ask)
- Ensure water is visible and available throughout the day (display small pitchers, cups)

“WATER HELPS CALM THE CHILDREN”

ENGAGE FAMILIES!

- Send sample menus home - include healthy foods and water
- Provide reusable water bottles to encourage children to drink water at home
- Share fun water stickers and pictures/videos of children drinking water



TEST WATER & SHARE RESULTS!

After water testing (free state-funded opportunity [here](#)), share out their results!

Example: In a parent/caregiver newsletter

WHAT SHOULD YOU INCLUDE IN A WATER POLICY?

- State water is available and easily accessible (indoors and outdoors) throughout the day
- Specify how water is available - i.e. bottles, pitchers, portable/stationary coolers, or fountains
- Include teacher modelling and water curriculum (benefits, facts, water cycle)

