

Each day, mark an **X** on the glass when you drink a glass of water.

Take up the challenge with a family member and keep track, at the end of the week, of how many glasses of water each family member drinks per day!

Child

Week 1

S	M	T	W	T	F	S

Week 2

S	M	T	W	T	F	S

Week 3

S	M	T	W	T	F	S

Week 4

S	M	T	W	T	F	S

Parent or other family member

Week 1

S	M	T	W	T	F	S

Week 2

S	M	T	W	T	F	S

Week 3

S	M	T	W	T	F	S

Week 4

S	M	T	W	T	F	S



**For a
HEALTHY MOUTH**

drink water
every day.

Water is the best drink to keep your child's teeth and body healthy.

Water keeps their mouth clean by rinsing away food debris that sticks to their teeth and by reducing the acidity produced by bacteria in their mouth and the sugary foods they eat.

Drinking water is the most effective way to quench your child's thirst.

In their lunch box, replace juice boxes with a reusable water bottle. A water bottle is an environmentally friendly choice for drinking water.

Your child can carry their water bottle throughout the day at school.

Make water your beverage of choice!

How to make water more appealing?

Water doesn't have to be boring! Occasionally, for variety, you can enhance the flavour by adding pieces of fruit or vegetables and herbs.



CITRUS FRUITS
(e.g., lemons, limes, oranges and grapefruits) are not recommended since they can be harmful to your teeth.

Sugary drinks: only every so often. Instead, offer water to your family!

Sugary drinks are not necessary for a healthy diet.

These drinks should be avoided. If you offer your child juices, soft drinks, fruit-flavoured drinks or sports drinks, do so only every so often.

Limit the amount and frequency of sugary drinks, as they can be harmful to the teeth and overall health.

Sample recipe

- 2 cups of water (500 ml).
- Add 175 to 200 ml of fresh or frozen fruit (other than citrus) or chopped vegetables.
- Adding herbs is optional.

Keep a pitcher of water or a water bottle in the refrigerator – water is so good cold!

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Water is my best friend!



When i'm thirsty, I drink water at all times!



Take the **HEALTHY MOUTH** family challenge



At school,
I drink from water fountains or use a water bottle throughout the day:

- at recess;
- during and after physical activity.

At home,
I drink tap water by:

- putting a water bottle in the refrigerator;
- putting a pitcher of water in the centre of the table.

In collaboration with:



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