

Offer your child good health!

My Goal...

*I will give my child water between meals
and at snacks ___ times a day.*

Record when your child gets water on your Fit WIC calendar!



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USDA prohibits discrimination in the administration of its programs.

I can help my child drink more water by...

- ◇ Serving water in a special cup or with a colored straw.
- ◇ Giving my child water at snack time.
- ◇ Giving water instead of soda or Kool-Aid.
- ◇ Only giving my child 4 to 6 oz of juice in one day.
- ◇ Setting a good example for my child by drinking water between meals.
- ◇ Adding extra water to drinks to help my child get used to drinking water
- ◇ Other: _____