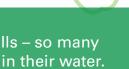
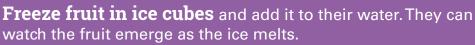
## 10 Ways to Get Kids to Drink Water



















If they're feeling tired or fatigued, ask them when was the last time they drank water. This will help them connect hydration with their body and mood.

Make drinking water a game when watching a TV show or movie.

If they drink more through a straw, let them **choose a** reusable straw and use it for their water cup or bottle.

> Be a good role model! When kids see you drink water, they'll start to catch on!

















