

drink well

TIP CARD FOR PARENTS

Healthy drinks are important for healthy teeth

- ★ *Encourage your child to drink plenty of tap water.*
- ★ *Plain milk is preferable to flavoured milk.*
- ★ *Avoid acidic and sugary drinks such as soft drinks, sports drinks, cordials and fruit juice.*
- ★ *If your child sleeps with a drink at night, make sure it is tap water.*



WaterBOY™

drink well

TIP CARD FOR PARENTS

Drinks that your child should have everyday

- ★ *Water*
- ★ *Plain milk (soy-based calcium enriched drinks can be a substitute for dairy).*

Plain milk can be used to make a great afternoon snack – try combining it with fresh fruit in a blender to make a smoothie.

Drinks that your child should only have sometimes

- ★ *fruit juice (offer a piece of fresh fruit instead)*
- ★ *fruit juice drinks*
- ★ *cordials*
- ★ *soft drinks*
- ★ *syrup drinks*
- ★ *sports drinks*
- ★ *carbonated drinks*
- ★ *flavoured water*

