

Quick guide: more water

Increasing your intake of water



Carry water around with you as much as possible

Make water available everywhere, in a prominent place



Drink regularly at set times (ritual) or at specific moments (break, arriving home, cooking, etc.)

Start the day with a glass of water



Prepare for the night by drinking a glass of water after dinner, 1 hour before going to bed

Encourage children to drink

even if they are not thirsty



Repeat often that they need to **drink**

Make sure several people are involved to get the message across



Drink water in front of children to encourage them to want to do the same and to make it a habit

Make progress by setting little targets, step by step



Create rituals in terms of regularity and creativity



Make drinking a unique moment by a movement, a sound, a dance



Create complicity by **toasting like adults** and inventing challenges



Personalise the **glass or bottle** container by making it specific and decorated



Give children the opportunity to discover **different kinds of water** and their range of tastes

Infuse fruit or other things

