

CHOOSING WATER CHECKLIST FOR EARLY CARE AND EDUCATION

Use the checklist below to see how your program promotes water using recommended best practices!

RECOMMENDED PRACTICES FOR PROMOTING WATER-DRINKING IN EARLY CARE	ALWAYS	SOMETIMES	NOT YET
<p>We make sure water is visible and available to children, indoors and outdoors. Great examples:</p> <ul style="list-style-type: none"> • Water fountain or faucet in classroom and/or outdoors, cups nearby as needed • Water bottles/sippy cups for each child refilled w/fresh water daily • Child-sized water pitchers and cups are set up at a “water station” • Teachers bring water and cups outside (water wagon, cooler, etc.) 			
<p>We offer children water at least twice a day. Great examples:</p> <ul style="list-style-type: none"> • Teachers ask children if they would like some water • “Water time” is part of the daily routine 			
<p>We only serve healthy beverages, and never serve sugary drinks to children. Great examples:</p> <ul style="list-style-type: none"> • No sports drinks, juice-drinks, flavored milk, or sodas are served • If served, limit 100% fruit or vegetable juice to single serving daily 			
<p>Children who are developmentally ready are able to serve themselves water. Great examples:</p> <ul style="list-style-type: none"> • Child-sized pitchers of water are also on the table during meals/snacks • Water container with spigot is at a level children can reach • Water is offered to toddlers in a cup when they are ready 			
<p>Teachers role model and encourage water drinking. Great examples:</p> <ul style="list-style-type: none"> • Teachers only drink healthy drinks in front of children • Teachers explain why water is important • Teachers help children practice pouring water, and praise successful efforts 			
<p>We offer education about water. Great examples:</p> <ul style="list-style-type: none"> • Curriculum and/or supports such as books and posters for children • Staff training about beverage best practices for teachers • Newsletters, social media, and events to share information with parents 			
<p>We have a written policy about our water promotion practices</p>			
<p>For sample policies and other resources to support water promotion in early care, visit www.RevYourBev.com and sign up for Rev Your Bev Day of Action!</p>			

These best practice for promoting water align with recommendations by the Centers for Disease Control, and USDA’s Child and Adult Care Food Program standards for supporting the best child nutrition.