

# Drink Like an Elephant

## Did You Know?

- Water is the best drink for our teeth and bodies.
- It's best to offer water for your child's thirst throughout the day.
- Juice, soda pop, and sports drinks cause cavities. Save them for special days.
- Water may contain fluoride, a natural mineral that helps prevent cavities.



## Take the Healthy Mouth Challenge!

### I will:

- Drink and serve my child water instead of juice, soda pop, and sports drinks.
- Make drinking fun by giving my child a water bottle or straw.
- Make water more interesting for my child by adding slices of fresh lemon, cucumber, or strawberries.

