

# WHEN should kids #ChooseWater?

## At all ages!

6-12 months



4-8 oz

a day

12-24 months



8-32 oz

a day

2- 5 years



8-40 oz

a day

- **Any time of day** is a good time to drink water – try it with a snack!
  - Before, during and after exercising or playing a sport
  - When it's hot outside



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