

# Water

## The best drink for everyone

4 glasses per day (about 1 litre)

- Our bodies consist of 50-60% water.
- Water is essential for our bodies to function normally.
- Our bodies lose water regularly through sweat, urine and breathing.
- Water is a tooth-friendly drink and does not cause tooth decay like some other drinks can.
- In many parts of South Australia the water supply contains fluoride which further protects teeth against decay.
- Although some areas do not have fluoride in the water, SA Dental Service recommends that no systemic fluoride supplements are used (e.g. fluoride tablets).

### Do children drink enough water?

As most children lead active lives, they often forget to drink.

Parents and caregivers sometimes need to remind children to drink water every day.

The daily amounts of water recommended by the Australian Kidney Foundation for children are:

**13 years and over:**  
8 glasses per day (about 2 litres)

**9 to 12 years:**  
6 glasses per day (about 1.5 litres)

**5 to 8 years:**

Children under 5 years should be encouraged to drink plain water on a daily basis.

Child and Youth Health recommends that:

- **Tap water** should be boiled and cooled for children up to **12 months**.
- **Rain water** should be boiled and cooled for children up to **5 years**.

### How can you encourage children to drink water?

- Many schools allow children to take a drink bottle filled with water only into the classroom. This is a great way of encouraging children to drink water during the day.
- Let children see that you and other caregivers enjoy drinking water.
- Have a jug of water in the fridge at home so that children can help themselves.
- Limit fruit juice to one glass per day with a meal.
- Limit soft drinks and cordial to once a week.

