

Drinks at Playgroup

What drinks can my child drink at playgroup?

At Melbourn Playgroup we ask that you your child brings with them to every session a named bottle of plain water for them to drink during the day. They are able to have other drinks with their lunch but at all other times it should be water only.



Why is my child only allowed water at playgroup?

Water is a really good choice for children to keep them well hydrated. It is good to introduce water as a drink to them early on so that can get used to the plain taste.

Water lubricates the joints, cools the system, and makes muscles work efficiently and organs function properly.

Water is a healthy and cheap choice for quenching thirst at any time. It has no calories and contains no sugars that can damage teeth.

As a setting we also have to follow the Statutory Framework for Early Years Foundation Stage (EYFS) which states: The provider must promote the good health, including the oral health, of children attending the setting.

Government guidance also states: Provide only fresh tap water and plain milk for children to drink. Fruit juice, smoothies, squash, fizzy drinks and flavoured milk, even when diluted, contain lots of sugar and can cause tooth decay. Diet or reduced-sugar drinks are not recommended for babies and toddlers either. For older children, these drinks can fill children up so they're not hungry for healthier food.

"Water is the best choice for children to stay well hydrated, and it is important to get children used to the plain taste at a young age. Introducing flavours to water and drinks like squash may reduce the likelihood of children tolerating plain water."



My child doesn't like water?

We often have parents say to us my child doesn't like water or they won't drink water but we find this is normally because children don't understand why water is so important and of course most children will choose a sweet drink over water as it tastes nicer. Young children can be very definite about the drinks they prefer, but these may not always be the best for them.

Developing good drinking habits need to start at an early age and this is where you and we can help. If you can support your child to drink more water at home that will help them to drink more water at playgroup which in turn will make them healthier.



How can I help my child to drink water?

- Make water easily accessible. Place jugs or bottles of water around your home, especially in the kitchen, the bedroom, and in the family room. This gives your children the message that when they're thirsty, they should reach for a glass of water.
- Place a bottle of water by their bed, to make it readily available should they wake up thirsty in the middle of the night or in the morning.
- Serve water with meals instead of juice or fizzy drinks. The constant exposure to water will make a big difference.
- Buy or customise their own funky straws.
- Set an example by drinking water in front of your child. The more your children see you carrying out healthy habits, the more likely they are to do the same.
- Schedule times for drinking water - Reserve specific times during the day where your child should be sipping water.
- Make sure they always have a bottle available so that they can drink water from it throughout the day.
- Your child will drink only water when they have no other option. Having sweetened drinks easily accessible will make it unlikely that they will reach for plain water. Reduce their options by eliminating all sugary drinks from your kitchen and refrigerator. That way they will only have water to drink when they feel thirsty.
- Gradually reduce the amount of squash you put in their drinks until they are drinking water only.
- Choose a colourful bottle. Your child may be more likely to reach for their water bottle if it's a colourful one. Buy it yourself or let your child select one. Encourage them to drink water from it throughout the day.
- Draw lines on drinks bottles. This gives kids a visual goal of how much they should drink at different times of the day.
- Let them choose their cup and fill it themselves.

