

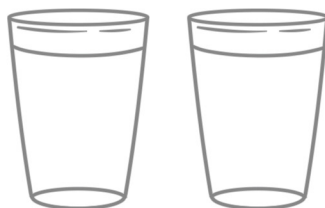
NEW HORIZON
ACADEMY

Hydration Chart

Use the New Horizon Academy Hydration Chart to track water consumption for your child. Print the chart and place it in a prominent place in your home. Encourage your child to drink water. After your child drinks a glass of water, color in the water glass. Celebrate your child's success in drinking water.

How much water should children drink each day?

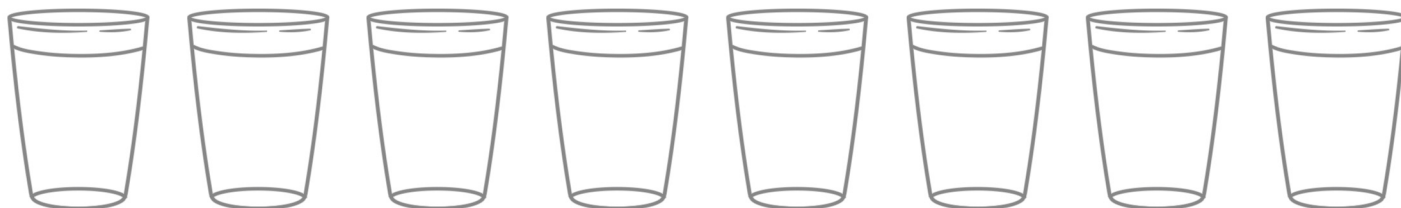
ONE- AND TWO-YEAR-OLDS: 1–2 8 oz glasses*



THREE- TO FIVE-YEAR-OLDS: 3–5 8 oz glasses*



SIX- TO THIRTEEN-YEAR-OLDS: 6–8 8 oz glasses*



*Based on one 8 oz glass per year of age until 8 years old.