

# CHOOSING WATER: SAMPLE CHECKLIST FOR EARLY CARE & EDUCATION

Use the checklist below to see how your program promotes water using recommended best practices!

RECOMMENDED PRACTICES FOR PROMOTING WATER-DRINKING IN EARLY CARE	ALWAYS	SOMETIMES	NOT YET
<b>We make sure water is visible and available to children, indoors and outdoors.</b> Great examples: <ul style="list-style-type: none"><li>• Water fountain or faucet in classroom and/or outdoors, cups nearby as needed</li><li>• Water bottles/sippy cups for each child refilled w/fresh water daily</li><li>• Child-sized water pitchers and cups are set up at a “water station”</li><li>• Teachers bring water and cups outside (water wagon, cooler, etc.)</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>We offer children water at least twice a day.</b> Great examples: <ul style="list-style-type: none"><li>• Teachers ask children if they would like some water</li><li>• “Water time” is part of the daily routine</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>We only serve healthy beverages, and never serve sugary drinks to children.</b> Great examples: <ul style="list-style-type: none"><li>• No sports drinks, juice-drinks, flavored milk, or sodas are served</li><li>• If served, limit 100% fruit or vegetable juice to single serving daily</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Children who are developmentally ready are encouraged to serve themselves water.</b> Great examples: <ul style="list-style-type: none"><li>• Child-sized pitchers of water are also on the table during meals/snacks</li><li>• Water container with spigot is at a level children can reach</li><li>• Water is offered to toddlers in a cup when they are ready</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Teachers role model and encourage water drinking.</b> Great examples: <ul style="list-style-type: none"><li>• Teachers only drink healthy drinks in front of children</li><li>• Teachers explain why water is important</li><li>• Teachers help children practice pouring water, and praise successful efforts</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Children who are developmentally ready are encouraged to serve themselves water.</b> Great examples: <ul style="list-style-type: none"><li>• Curriculum and/or supports such as books and posters for children</li><li>• Staff training about beverage best practices</li><li>• Newsletters, social media, and events are planned to share information with parents</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>We have a written policy about our water promotion practices.</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**For sample policies and other resources to support water promotion in early care,  
visit [www.RevYourBev.com](http://www.RevYourBev.com) and sign up for Rev Your Bev Day of Action!**

These best practices for promoting water align with recommendations by the Centers for Disease Control, and USDA's Child and Adult Care Food Program standards for supporting the best child nutrition.