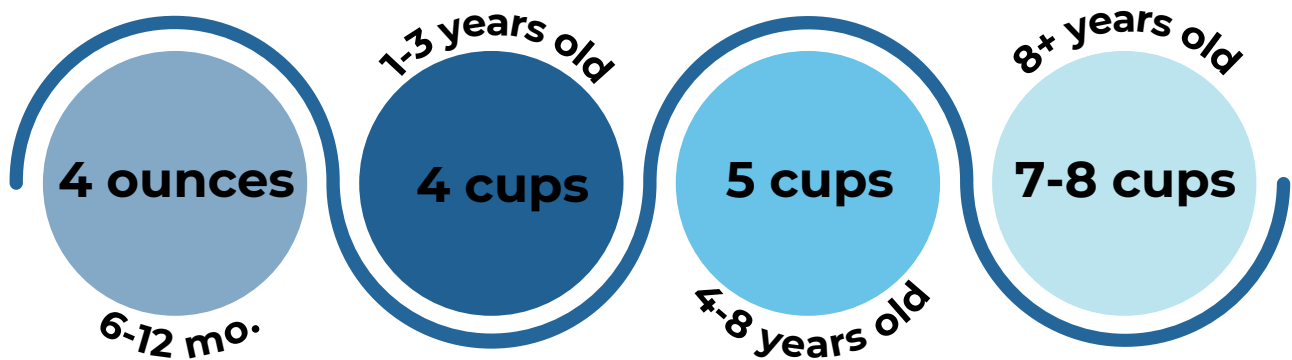


How to Keep Kids Hydrated

Did you know? The best beverages to hydrate children 12 months and older is water and cow's milk! Learn more about hydration below!



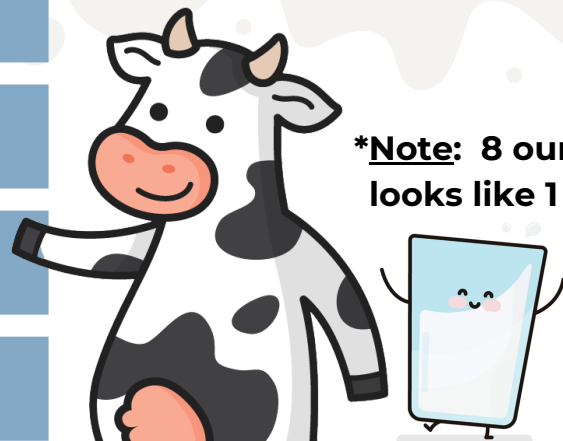
How much water does your child need a day?



Recommended Cow's Milk by Age

6-12 mo.	4 ounces/day
12-24 mo.	24 ounces/day
2-3 y/o	16 ounces/day
4-8 y/o	20 ounces/day
9+ y/o	24 ounces/day

Not only does cow's milk hydrate kids, it contains 13 essential nutrients for growth!



This information was brought to you by



Nevada Chapter

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