



## B.C. First Nations Head Start **Our Water Policy**

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OUR WATER POLICY STARTED BY ACCIDENT as water was the fastest beverage to serve for the children. We have been looking at different dental fact sheets for children and about how bad juice is for children's teeth. We decided to start giving everyone water to drink after that.

We make a point of replacing juice with water or milk during our lunch and for the two snacks we serve. We either have milk or water for snack or lunch.

We have a fountain outside of our room. The children have fun having a drink at the fountain. We refer to it as "tap juice" and the children ask for this.

We have an unwritten policy that parents are aware of. We are always looking for ways to improve our nutrition program at the centre. The parents are wanting to see this developed into a policy. Parents' comments have been that they are really impressed with the way that their children are drinking water at home. The parents are replacing the juice or pop with water when they are in town. Parents are replacing sippee cups with water instead of juice. We are happy to see that it is carrying on in the homes as well.

It has been a very casual thing that has happened and over night it has become part of the program. We are choosing to have the water and the children are choosing to have water both at the centre and at home.

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