



# QUENCH MY THIRST!

**ONLY MILK OR WATER.  
BE KIND TO MY TEETH!**

If your child is thirsty, the best drinks to offer are milk or water.

Fizzy drinks, soft drinks, juice drinks and squashes sweetened with sugar can cause tooth decay and have no place in a child's daily diet

For further information on suitable drinks for children, please visit: [www.giveuplovingpop.org.uk](http://www.giveuplovingpop.org.uk)



- ✓ **Tooth kind**
- ✓ **Hydrating**
- ✓ **Great for all kids**



# AFTER DINNER DRINKS!

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# THIRSTY WORK BEING A BEAR!

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# SPITTING FEATHERS!

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# PARCHED!

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# THIRSTY WORK BEING A PRINCESS!

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