

OVERVIEW

You just had a baby and drinking plenty of water is one of the best things you can do for your health. Drinking water also has many health benefits for your baby. It is never too early to start helping your children develop healthy habits. You are their first and most important teacher. They will follow your example as they develop into healthy children.



If you are already drinking enough water, that is great. If you do not regularly drink water, now is the perfect time to start. This program will help guide and support you along the way. For this week, you will learn an overview about the importance of drinking water and how to develop the habit. In the following weeks, the lessons will be more detailed.

We understand you are tired and may be sleep deprived because you are taking care of your baby. For now, here are some important facts to remember.

- It is important to drink at least 8 cups of water a day. The amount of water you should drink increases with your weight. If you are overweight or obese, you will need to drink more than 8 cups a day. (One cup = 8 ounces)¹

TIPS OF THE WEEK

- Try drinking at least 8 cups of water a day.
- Drinking water helps your overall health, including weight loss.

- If you are breastfeeding, it is important to drink enough water to help you stay hydrated², especially if you are at an unhealthy weight. Have a cup of water next to you, so you can have some water while you feed your baby.
- One of the many benefits of drinking water is that it can help you lose weight.³
- When your body is missing water, it is called dehydration. Dehydration can have many bad effects on your body such as making you feel tired.⁴

- If you are exercising or if it is very hot outside, it is important to drink extra water.⁵
- Los Angeles County has one of the safest supplies of water. It is ok to drink water from the tap but there are also ways to purify your water if you are concerned.⁶
- If you do not like the taste of water, it is ok. There are ways you can add some flavor to your water that will make it taste better. You can add fruit or drink sparkling water if you prefer it that way.
- It is important to eliminate sugary drinks such as soda, some fruit juices, and even low calorie artificial sweeteners. Try to replace those drinks with water.⁷
- Water can make you feel better in so many ways. One of the best effects is that it can make you feel energized. Now that you are taking care of your baby this is especially important.⁸
- Water can also make you look better. It will help your skin clear up, avoid dryness, and help your nails and hair grow.⁹
- Drinking water affects your whole body. If you drink enough water, it can help keep your organ systems healthy such as your heart, urinary system, and digestive system.^{10,11, 12}

RECIPE OF THE WEEK

APPLE CINNAMON

- 6 cups of water
- 2 Thinly sliced apples
- 1 Stick of cinnamon



Directions:

1. Add all ingredients into a large pitcher
2. Using a wooden spoon, gently mash ingredients and mix
3. For best results, let it sit in refrigerator overnight or for a couple hours before drinking

RESOURCES:

CDC - WATER: MEETING YOUR DAILY FLUID NEEDS

cdc.gov/nutrition/everyone/basics/water.html

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APPS:

WATERLOGGED (FREE):

Charts and reminders to track daily water intake.

itunes.apple.com/us/app/waterlogged-drink-more-water/id352199775?mt=8

CARBODROID (FREE):

Motivation to help you change your water drinking habits.

play.google.com/store/apps/details?id=de.jooce.water



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