

WATER FOR BABIES AND TODDLERS

From 6 months old you can begin giving your baby small amounts of water. At 12 months you can also start offering whole milk. Be sure not to give more than the recommended amounts

0-6 MONTHS

For the first 6 months baby should only drink breastmilk or formula. It is not safe to serve plain water or milk, which can lead to medical emergencies from overhydration.



6-12 MONTHS

4 to 8 oz per day (0.5 to 1 cup). Water can be offered in an open cup, strawed cup, or sippy cup.

If baby is still breastfeeding or formula feeding, water is not required at this age.

12-24 MONTHS

8 to 32 oz per day (1 to 4 cups). At 12 months you can also begin offering whole milk, up to 16 oz (2 cups) per day.

Your baby should be drinking at least 8 oz of water per day.



2-5 YEARS

8 to 40 oz per day (up to 5 cups). You can also give your toddler up to 24 oz (3 cups) of milk per day.

Your toddler should be drinking at least 8 oz of water per day.

SKIP SUGARY DRINKS

Avoid giving little ones sugary drinks. This includes 100% juice, flavored milks, soda, and other sweetened drinks like sports drinks and lemonade.

