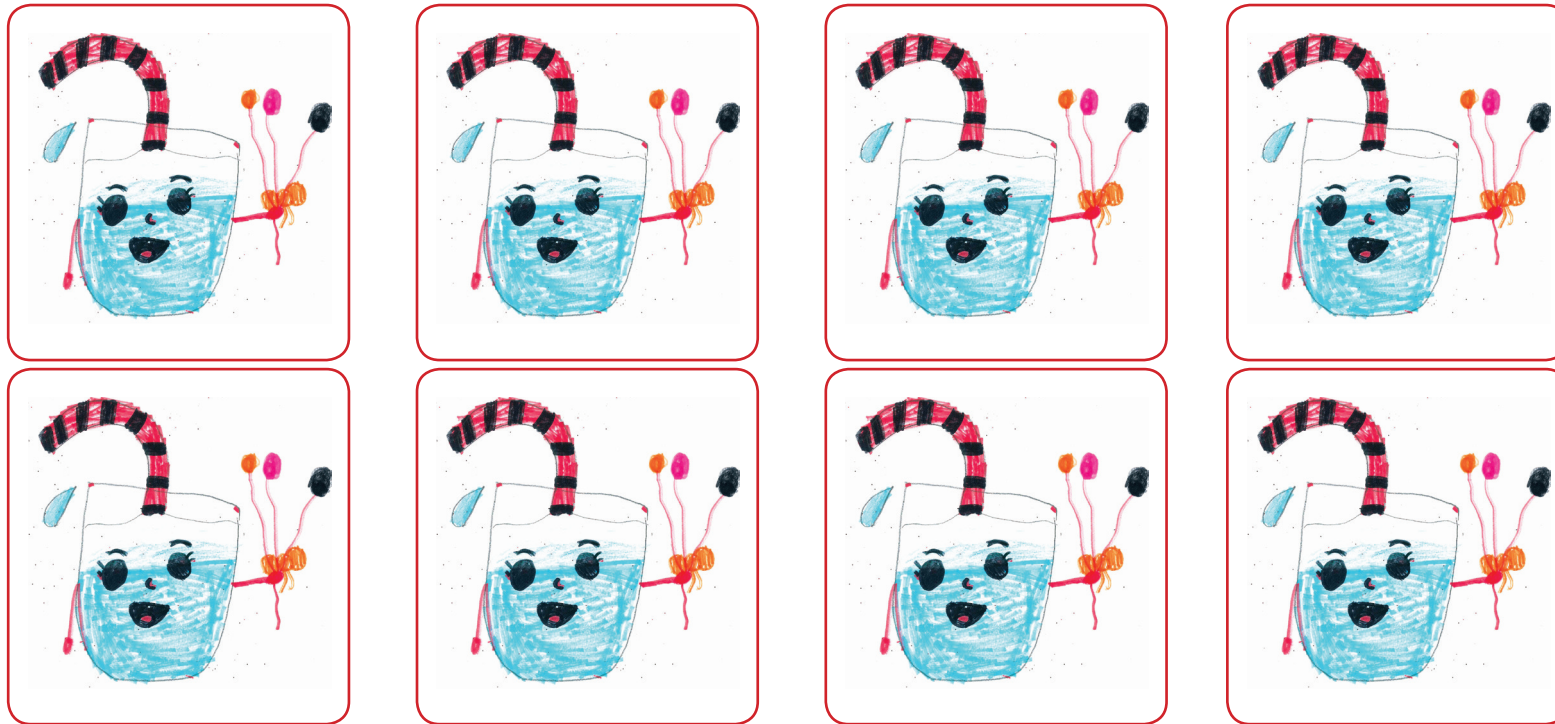


TICK A BOX WHEN DRINK FINISHED. CHART CAN BE REUSED IF LAMINATED.

NAME



Designed by Mirren age 8yrs

How much should children drink? Depends on age.

- Generally 6-8 cups per day
- Under 5 years 120-150ml cup
- 6 years and above 250-300ml cup