



AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

Hi, it's AI! We are “safe, and healthy, too” in your child’s class. We regularly talk with the children about what they can do to stay safe and healthy. Lately, we have been talking about drinks that are good for our bodies, like water, milk, and, in smaller amounts, juice.

We also talked about certain kinds of drinks that are not good for children’s growing bodies. Together, we talked about how certain drinks meant for grown-ups—like beer, wine, and other alcoholic drinks—can make children sick. We know that young children need our help to understand what drinks are not good for them.

You can help at home by talking with your child about this topic and making it clear that alcoholic drinks are not for children. You can also talk about the healthy drinks you give them each day. Explain that healthy drinks will help your to grow into the strongest and healthiest person they can be!

Your strong and healthy pal,
AI