



# AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

Hi, it's AI! We are learning how to be safe and healthy in your child's class. We regularly talk with the children about the importance of taking care of ourselves and making healthy choices. Lately, we have been talking about drinks that are good for our bodies, like water and milk.

We also talked about drinks that are not good for children's growing bodies and how alcoholic drinks meant for grown-ups—like beer, wine, and spirits—can make children sick.

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

Your strong and healthy pal,

**AI**