

## What are you drinking right now?

By Seth W. Caton, Outreach & Recruitment Specialist

I'm supposed to tell you water is best for you and your kids. I should say that some experts recommend 8-10 glasses a day.

Also some say you should dump your pop down the drain – it's that bad. They say coffee and alcohol take lots of water away from your body too.

### Why should I tell you all this?

Drinking enough water keeps you hydrated and can even make you lose weight. Your food will digest better. Your mind will work better. You will be sharper and more focused in sports.

You already know staying hydrated in summertime is important. You also know what drink choices you should make. What you do next is up to you. I urge you to choose what's best for your kids.

### Trust me that your kids are watching.

Your children will do as you do. How do I know? My boys watch me and can't help but follow my example.

It's no accident why my kids prefer water, milk, and juice instead of pop.



### These are the reasons:

1. They see me drinking water more than anything else.
2. They only see me drink pop once in a while.
3. We don't keep pop around the house.

### What if I really like drinking pop?

That's ok. I really like coffee. However, if you set limits, and keep it out of the house or out of sight, you will be raising healthier kids.

Setting limits isn't easy, especially with older kids. It's best if you and your children can agree on what they drink. Check out more great facts & tips below!

## Fun facts and hydration tips

Have fun sharing this information with your kids!

### Here are some fun facts to teach your kids:

- Elephants can smell water three miles away.
- Over half of your body weight is water.
- Dairy cows drink four gallons of water per gallon of milk produced.
- About 70% of the earth is covered in water.
- Juice and pop are ok in moderation.
- Pineapples are 80% water; tomatoes are 95%.
- Almost 800 brands of bottled water are sold in the USA.

### And here are a few tips for keeping hydrated in hot weather:

- Drink water before you're thirsty.
- Give your kids 100% juice and mix half juice and half water for younger kids.
- Stay in the shade when you can.
- Bring bottled water or a thermos for you and each of your kids.
- Plan ahead to include drink breaks.
- Keep water and other drinks in a cooler or at least out of the sun.
- Don't mix coffee and exercise.

## Free stuff to do!

Questions? Call us at 724-437-2590 x322.

### Dad 2 Dad class - two start dates!!

**Fri., July 22 - 10am-12pm**

**Wed., August 10 - 5:30pm-7:30pm**

Private Industry Council, 219 Donohoe Road, Greensburg, PA

Are your kids running the house? They won't listen? Do you have to discipline them all the time? We cover all this and more! Sign up: 724-437-2590.

### Wild Food Hike & Sampler

**Sat., July 23 - 6-8pm**

Keystone State Park, 1150 Keystone Park Road, Derry, PA

Learn to identify what is safe to eat, when to harvest the plants, and how to prepare them. Discover the nutritious plants that live in our fields, forests and backyards. Meet at the visitor center and bring your appetite for a snack. Info: 724-668-2566.

### Sunday Evening Band Concerts

**Every Sunday in July - starts at 7pm**

Diamond Area, 120 E. Main St., Ligonier, PA  
 Call 724-238-4200 for more info.

### Latrobe Farmers' Market

**Every Tuesday in July - 2-6pm**

Latrobe Stadium Parking Lot, Chestnut St., Latrobe, PA

Call 724-805-0112 for more info.

### SummerSounds - Greensburg's Concerts in the Park

**Every Friday in July - 7-9:30pm**

St. Clair Park (downtown), 135 N. Maple Ave., Greensburg, PA

Every Friday all summer! Music ranges from jazz to rock to bluegrass, with a taste of folk, new age and country. Bring a blanket or lawn chair if you want. Info: 724-838-4323.

### Ligonier Country Market

**Every Saturday in July - 8am-12pm**

Springer Rd., Ligonier, PA

Call 724-238-6702 for more info.

# DAD 2 DAD

**GET UP TO \$100 IN GIFT CARDS**

*Be a more confident, involved and loving father in six 2-hour sessions. When you complete the program you'll get up to \$100 in gift cards plus an official Dads Matter t-shirt!*

- Learn discipline that works
- Understand yourself & your kids
- Boost your confidence
- Communicate better
- Get more involved
- Deal with anger issues
- Build up your fathering skills

**CALL TO SIGN UP FOR FREE**

**724-437-2590 X322**



480A Coolspring Road  
Uniontown, PA 15401



Dads Matter is a program of the Private Industry Council of Westmoreland/Fayette, Inc.

It's only **six** sessions starting:

Fri., July 22 - 10am-12pm  
Wed., Aug. 10 - 5:30-7:30pm

Private Industry Council  
219 Donohoe Road  
Greensburg, PA

*(just down the road from Best Buy and Goodwill)*

Call Dads Matter for more class dates and locations in Fayette and Westmoreland Counties!

**Mission Statement:** "Dads Matter of Fayette County's mission is to enable fathers to improve their relationships with their children; improve parenting skills; and help fathers overcome barriers that often prohibit them from being effective and nurturing parents by providing them with training and learning opportunities."  
**Eligibility & Corporate Info:** (1) These services are available to all eligible persons, regardless of race, gender, age, disability, or religion. (2) Dads Matter of Fayette County is a program of the Private Industry Council of Westmoreland/Fayette, Inc. Participation in Dads Matter of Fayette County is FREE and strictly voluntary. (3) The Private Industry Council of Westmoreland/Fayette, Inc. is a 501c3 non-profit corporation headquartered in Greensburg, PA.  
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## The Dad Difference

Westmoreland County Edition - July 2011 Newsletter

**THIRSTY?**

**THE BEST WAYS TO QUENCH YOUR THIRST**

**TIPS FOR STAYING HYDRATED AND HEALTHY**

**FREE STUFF TO DO IN WESTMORELAND COUNTY**

A free publication of  
 **Dads Matter**

 Find us on Facebook  
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Private Industry Council  
OF WESTMORELAND/FAYETTE, INC.