

Virginia's Rev Your Bev Directors' Resource Kit

Promote water in early care instead of unhealthy drinks to support the health of young children. Virginia's **Rev Your Bev** Directors' Resource Kit offers FREE materials to educate parents and staff and implement Healthy Beverage Best Practices!

- **Assess** Early Childhood Education (ECE) beverage practices with [Water Checklist for ECE Best Practices](#)
- **Share Info** with Parents & Staff:
 - [Mini power point](#) to inform staff and parents about water–drinking as a key health habit for young children.
 - [Rev Your Bev National Resource List](#) (links to free materials such as water lesson plans, staff and parent education handouts, and more)
 - [Rev Your Bev Virginia Resource list](#) connects educators to trainers, quality efforts in Virginia
 - [At-a-glance beverage recommendations by age](#)
- **Celebrate** with children, staff and families
 - Post pictures with, "[I Rev My Bev ECE](#)" [pledge card](#) to social media
 - Offer fun water using Rev Your Bev [ECE water recipes](#)
 - Share [Rev Your Bev social media messages](#) on Facebook, Twitter, and Instagram
- **Policy** can ensure beverage practices are lasting. Use Rev Your Bev [sample policies](#) to update your Program Policy Manual or Parent Handbook
- **Rev Your Bev Day of Action** - Join ECEs around the state on April 25, 2018, taking a stand for healthy children! Sign up at www.revyourbev.com before April 25 to host your own event and receive a Classroom Kit with lessons, children's book, child-sized pitcher and more!

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