



Drinking Water - What's Suitable for Kids

Tap water:

- Tap water in all metropolitan areas contains fluoride which helps protect your teeth against decay. If you don't drink tap water you should consider taking a fluoride supplement.

Rain water:

- Because of the possibility of bacteria and contamination, rain water should always be boiled before it is drunk - regardless of age. This particularly important for the very young, the old and the ill.
- While rainwater usually contains very few chemicals, it's not recommended that you drink it - even after boiling - if you live in a heavy traffic or industrial area.

Spring water:

- Spring water should be boiled for children under 12 months - most Australian spring water is treated to remove impurities but it's never possible to guarantee that it's completely safe.
- Spring water contains no fluoride so children who only drink this type of water may need a fluoride supplement.
- While there has been some concern over aluminium levels in bottled water, Food Standards Australia and New Zealand considers aluminium levels in water and food to be safe.

Tap filters:

- Tap filters work only to take out the large particles from water - they can't remove fluoride or any other dissolved minerals.
- Filters cannot protect you from getting an infection from the water it filters, so filtered water should be treated in the same way tap water is - you should boil it for babies under 6 months.