

USEFUL TIPS FOR DRINKING THE RIGHT AMOUNT OF FLUID PER DAY

Ensuring your child drinks sufficiently during the day will not only help reduce the risk of constipation developing but will also help improve bladder capacity.

- Ensure your child drinks at least 6 water based drinks spread evenly throughout the day
- Ensure that the last drink of the day is at least an hour before bed
- Drinks containing caffeine (such as tea, coffee, cola etc.) may contribute to bedwetting; however, this link is unclear and doesn't seem to affect everybody in the same way
- Some children find that certain drinks make them want to go to the toilet more, it may be useful to keep a note of what your child is drinking and compare that with how much they are wetting

AGE	SEX	TOTAL DRINKS PER DAY
4 - 8 years	Female	1000ml - 1400ml
4 - 8 years	Male	1000ml - 1400ml
9 - 13 years	Female	1200ml - 2100ml
9 - 13 years	Male	1400ml - 2300ml
14 - 18 years	Female	1400ml - 2500ml
14 - 18 years	Male	2100ml - 3200ml

**Adapted from CG111 Nocturnal enuresis - the management of bedwetting in children and young people: understanding NICE guidance. October 2010*