

If your child has a problem with day time or night time (bed) wetting, you might be told to increase the number of drinks they have in the day.

It is also a good idea to keep a record what your child is drinking. Certain types of drinks may make the wetting worse or better. Those that make the wetting worse are therefore best avoided!

It is important to note that if your child's urine (wee) becomes smelly or stings you must always seek advice from a healthcare professional

For further advice and support contact your health visitor or school nurse at:

Other leaflets in this series

- 'Promoting healthy bowels'

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Bladder and Bowel UK, working as part of Disabled Living Manchester, provides impartial advice and information regarding products and services for children and adults with bowel and/or bladder problems

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# Promoting Healthy Bladders

## Information for families



## Drinks

Children need to drink the right amount of fluid to stay healthy and to keep the urine (wee) in their bladder dilute. About 1500mls per day is the right amount for most children.

If urine becomes too concentrated it can irritate the bladder, making it less able to hold on to the wee. This means that your child may need to go to the toilet more often and may have to rush to get there in time.

The bladder is stretchy and learns to hold on to as much urine as it needs to. If your child only drinks small amounts the bladder learns to only hold on to small amounts of urine. Therefore the more your child drinks the better their bladder becomes at holding on to urine.

## Keeping bladders healthy

Some drinks are better than others. Water based drinks are best. Your child should avoid fizzy drinks.

Drinks such as tea, coffee, drinking chocolate, cola and some energy drinks have a chemical in them called 'caffeine'. This can irritate the bladder making your child pass urine more frequently and urgently.

To help your child's bladder become big and strong, encourage them to drink at least 6 drinks per day.



## For babies and toddlers:

Once fully weaned it is important they start to have their drinks in a regular pattern throughout the day.

For example, encourage a drink with every meal and also another drink midway between meals. This regular fluid intake also helps with potty/toilet training.

Try to limit milk intake to not more than a pint per day.

## For school aged children:

- ✓ They should have 3 of their drinks in school (about 750mls)
- ✓ In hot weather or after playing sport they will need to have extra drinks
- ✓ Encourage water based drinks as much as possible and avoid too much milk