



## Fluid advice

Adequate fluid intake is important for maintaining bladder and bowel health, as well as general health. It is also important in toilet training.

Maintaining a good fluid intake for some children and young people with disabilities can be difficult.

The following tips may help.

- Avoid caffeinated drinks, including tea, coffee, hot chocolate and coke. These may have a diuretic effect and can contribute to bladder over-activity
- The child or young person will need to increase their fluid intake if doing lots of exercise including sports, playing outside, and at school playtimes. Or if the weather is hot.
- Milk is healthy, but is used by the body as a food. Do not include milk instead of, or as part of, total water-based drinks.
- Excessive milk intake can cause weight gain and for some children or young people, and it may contribute to constipation.
- Children who are of school age should have about half of their fluid requirement during the school day. A child who does not drink well during the school day is more likely to drink large volumes in the evening. This may contribute to or cause bedwetting.

Suggested intake of water-based drinks per 24 hours, according to age and sex.

**Note:** If a dietitian or medical professional has given advice about fluid intake for an individual child or young person, that advice should be followed.

(NICE 2010)

| Age         | Gender | Intake        |
|-------------|--------|---------------|
| 1-3 years   | Both   | 900 - 1000ml  |
| 4-8 years   | Both   | 1200 - 1400ml |
| 9-13 years  | Female | 1200 - 2100ml |
|             | Male   | 1400 - 2300ml |
| 14-18 years | Female | 1400 - 2500ml |
|             | Male   | 2100 - 3200ml |

Remember:

Children and young people need more water when they are active, or if the weather or environment is hot.

Children and young people who are overweight may also need more water.

Taken from HSE PPPG: Guideline for the promotion of continence care & provision of containment products to children and young people  
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