



Time to Talk
Toileting

A FEW FACTS...

1 in 7 children aged 4 years and 6 months suffer from daytime wetting

1 in 20 children aged 9 years and 6 months suffer from daytime wetting

Constipation can cause bladders to misbehave as the full bowel presses on the bladder

Not having enough to drink or consuming the wrong drinks can lead to poor bladder fitness.

Urinary Tract Infections can cause wetting, painful urination, smelly or cloudy urine or tummy aches

Our bladders stretch like balloons. When we urinate a set of muscles help them to empty and another set help to keep leakage in.

Bladder muscles need to be exercised to keep them fit. To give them the workout needed, bladders need to be filled and emptied several times a day.

For help with constipation see www.eric.org.uk/advice-for-children-with-constipation

If children don't drink enough their bladder won't stretch and they will need to urinate more frequently.

Drinks should be spread over the day so the bladder gets regular exercise.

It is better for children to have 6 to 8 big drinks equally spaced through the day rather than having small sips.

Not having enough to drink or consuming the wrong drinks can lead to poor bladder fitness.

Don't limit children's drinks to help them stay dry, it doesn't work!

The bladder needs to be properly filled and emptied to behave properly

Water is the best drink for children to consume. Well diluted fruit juice or squash can be included.

Fizzy drinks, blackcurrant, orange, artificial colours, flavours and sweeteners can cause problems for some people

Avoid any drinks containing caffeine such as tea, coffee, hot chocolate, cola and energy drinks.

HOW MUCH?

water intake recommendations



children 1-3 years old
0.9 to 1 litre



children 4-8 years old
1.3 litres



girls 9-13 years old
1.5 litres



boys 9-13 years old
1.7 litres



women (14 & over)
1.6 litres



men (14 & over)
2 litres

IF IN DOUBT...

The School Nurse Team are there to listen to and support children and young people.

- Children, young people, parents, carers and school staff can contact a school nurse by calling the duty line 01273 696011 Ext.1692 (Monday – Friday 9-5pm)
- The Eric website contains a whole host of information <https://www.eric.org.uk/>
- Or you can speak to your GP