

## Appendix 6: Fluid advice

Adequate fluid intake is important for maintaining bladder and bowel as well as general health and is important in toilet training. However, maintaining a good fluid intake for some CYP with disabilities is difficult. However:

- Caffeinated drinks, including tea, coffee, hot chocolate and coke should be avoided as they may have a diuretic effect and can contribute to bladder overactivity
- Fizzy drinks should be avoided as they can contribute to bladder overactivity.
- CYP will need to increase their fluid intake if doing lots of exercise (including sports, playing out and school playtimes), or if the weather is hot.
- Milk is healthy, but is used by the body as a food. It should not be encouraged instead of or as part of total water-based drinks.
- Excessive milk intake can cause excessive weight gain and for some CYP may contribute to constipation.
- CYP who are of school age should have about half of the fluid requirement during the school day. CYP who do not drink well during the school day are more likely to drink large volumes in the evening which may contribute to or cause bedwetting.
- CYP need more water when they are very active, or if the weather or environment is hot.
- Overweight CYP may also need more water.

Age	Sex	Total drinks per day
7-12 months		600 – 900ml
1-3 years	Female	900 – 1000ml
	Male	900 – 1000ml
4-8 years	Female	1200 – 1400ml
	Male	1200 – 1400ml
9-13 years	Female	1200 – 2100ml
	Male	1400 – 2300ml
14-19 years	Female	1400 – 2500ml
	Male	2100 – 3200ml

Suggested intake of water-based drinks per 24 hours according to age and sex (NICE 2010)

N.B. Dieticians or medical advice about fluid intake, where provided for individual CYP should be followed