

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 children and young people (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 over activity
- **Fizzy drinks** should be **avoided** as they can contribute to bladder over activity
- CYP will need to **increase their fluid intake** if doing lots of exercise (including sports, playing outside 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**



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

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

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

