

Information and advice for under 5's

Fluid intake

Try to encourage your Child to drink plenty of fluids throughout the day, we would advise water if possible.

Total water-based drinks per day

4-8 years olds

Female 1,100-1,300ml Male 1,100-1,300ml

Diet

Ensure your child has a healthy diet of fruits, vegetables, cereals and fluids.

Drinks to Avoid

fizzy drinks.

Caffeinated drinks.

Blackcurrant drinks.

Remove night-time nappies/pull ups.

Make sure your child goes to the toilet before going to bed.