

DAILY FLUID INTAKE

<u>AGE</u>	<u>SEX</u>	<u>TOTAL DRINKS PER DAY</u>
4-8years	Female	1000-1400ml
	male	1000-1400ml
9-13years	Female	1200-2100ml
	male	1400-2300ml
14-18years	Female	1400-2500ml
	Male	2100-3200ml



- Try and drink 6-8 water based drinks of 200mls per day (spread evenly throughout the day)
- Take a water bottle to school
- Regular toileting throughout the day
- Last drink 1.5hrs before bed



MAYOR OF LONDON

Your Healthcare Community Interest Company