



Top Toileting Tips

Encouraging drinks!

It is important that all children have a good fluid intake and it is recommended that children drink around 1500mls of water-based drinks, spread out evenly throughout the day.

So, to encourage children to drink more try the following tips:

- Involve your child in making ice cubes and ice lollies
- Squeeze fruit juice (add some water to it)
- Make smoothies
- Try different types of straws
- Use different shaped / coloured cups
- Make drinking into a game saying 'cheers' after each mouthful
- Have a dolls tea party with everyone sitting round having a drink
- Also encourage 'wet' food such as melons and soups