



## Top Toileting Tips

### How much to drink & how many wees a day?!

As children grow so does their bladder! To calculate LO's expected bladder capacity (EBC) for their age you can use the following equation:

Child's age x 30 + 30 = EBC

Eg if 5 years:  $5 \times 30 + 30 = 180$  mls

The average number of wees is 4-7 times per day. However, this is all dependent on how much children drink.

We would suggest children drink around 1,500 mls per day in around 6 drinks (250mls each drink) but some children obviously need to build up to that.

Encourage drinks at set times during the day, not lots of little sips, as this helps to increase bladder capacity and predict wees (children tend to wee around 15-20 mins after a drink).