

WEE CHECKER

Hydration chart

1



GOOD

Keep up the good work! You're drinking really well. You've got a happy, healthy bladder!

2



GOOD

Keep up the good work! You're drinking really well. You've got a happy, healthy bladder!

3



FAIR

Watch out! You could do with drinking a bit more please.

4



DEHYDRATED

You really need to have a drink soon!

5



DEHYDRATED

You really need to have a drink soon!

6



VERY DEHYDRATED

Ouch! Your bladder and kidneys are getting worried! Have a big drink as soon as you can!

7



SEVERELY DEHYDRATED

Thirsty? You should be – you're way overdue several big drinks. Get drinking as soon as you can – your bladder and kidneys are *NOT HAPPY!!*

SO HOW MUCH SHOULD YOU DRINK?

6 - 8 cups every day, more when it's hot, or if you're exercising.

Remember to spread the drinks out!

Bladder muscles like to keep fit by stretching and squeezing throughout the day.



HOW BIG SHOULD THE CUP BE?

A sensible size for your age would be:

- >> 2 year old – 120 / 150mls
- >> 5 year old – 175mls
- >> 7 year old – 200mls
- >> 11 year old – 250mls