

For further information about this service contact:

Information and guidance can be found at:

- ERIC Helpline 0845 370 8008 www.eric.org.uk
- Bladder & Bowel UK 0161 607 8200 www.disabledliving.co.uk
- NHS Choices www.nhs.uk
- NICE www.nice.org.uk/guidance



Your one stop
contact point

Tel: 0300 555 0606



Email: ccs.bedsandlutonchildrenshealthub@nhs.net



Bedfordshire
Community
Health Services



Simple Measures

Children's Continence Clinic

Continent



Confident



Carefree



If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.



All children aim to drink at least the following amounts of water or very Diluted squash.

Daily Fluid intake:



Up to 6 years - 1 Litre

7-11 years - 1.5 litres

12-14 years - 2 Litres

14+ - 3 litres (adults included)



the cups each time your child drinks water



Stop all fizzy drinks, blackcurrant, orange juice and caffeine. These drinks can affect the bladder causing more difficulties for children with continence problems.



Regular use of the toilet even if your child is reluctant to go or holds their urine, they should be encouraged to use the toilet to empty their bladder regularly throughout the day, after meals works well. Create a good routine.



Please ensure your child goes to the toilet an extra time before bedtime: - using the toilet before and after brushing teeth often works well.



All children and adults should use a footstool/step while sitting on the toilet to ensure good positioning, which allows the bowels to open more easily to completely empty the bowel and bladder.

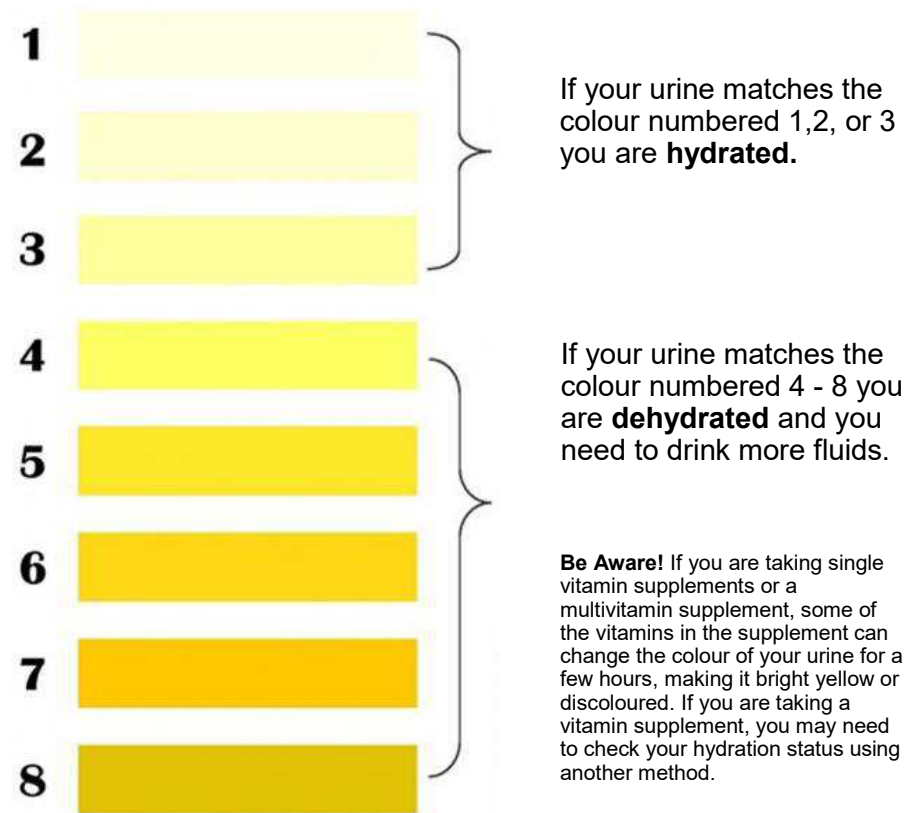
It can be very difficult when children and young people have issues with toileting.

It is important to remain calm, encouraging and to focus on the positive achievements, rather than what is not going so well.

These tips will help.

Am I Hydrated? Urine Colour Chart

This urine colour chart is a simple tool you can use to assess if you are drinking enough fluids throughout the day to stay hydrated.



Your nose knows!

While some foods, like asparagus, can cause your urine to smell different, a strong smelling odour can also be a sign of hydration.