

For further information about this service contact:

Children's Services
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Tel 01234 310879 & 01234 315847 Email: ccs.beds.childrens.cct@nhs.net

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

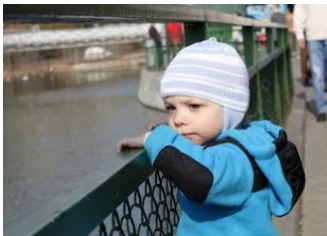
Continent



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.



Why it is important to drink

Children's Continence Clinic





Why it is important to drink



All living things must have water to survive, whether they get it from a water fountain, a rain cloud, or a bottle of water.



Without water, your body would stop working properly. Water makes up more than half of your body weight, and a person can't survive for more than a few days without it.

Why?

Your body has lots of important jobs and it needs water to do many of them. Your blood contains a lot of water which carries oxygen to all the cells of your body. Without oxygen, those tiny cells would die and your body would stop working. Water helps keep your temperature normal.



You need water to digest your food and get rid of waste. Water is needed for wee and poo.

When your body doesn't have enough water it becomes dehydrated. Dehydration slows down the body, makes it hard to concentrate and can make you very sick.



Drinking my way to a healthier future.



All young people need to drink water and **6 - 8** cups is recommended. Those with wee and poo problems should be drinking the following amounts of water or very diluted juice.

Up to 6 years - 1 litre	7-11 years - 1.5 litres
12 - 14 years - 2 litres	14 years + - 3 litres

In every class of 7 year old children at least **2** will wet the bed every night. Often this is because the bladder is small and needs stretching. Drinking the correct amount of water will stretch the bladder. Over time the bladder will stretch and be able to hold the wee all night long.



This means no more wet beds.



Some children have an over active bladder which squeezes when it shouldn't, causing wetting. Again, drinking is the key.

The bladder is a muscle that needs to be used regularly and stretched so that it can work properly.



Constipation is when the poo gets stuck inside your body – it is like a traffic jam in your bowel but instead of cars it is a traffic jam of hard poo. Some people also get sneaky loose poos as well as hard ones. These come out when you are not expecting them. Drinking helps to soften the hard poo making it easier to pass. Once all the hard poo is gone the sneaky poos stop too!

Drinking water is forever not just now. Everyone in your family should be drinking water every day.