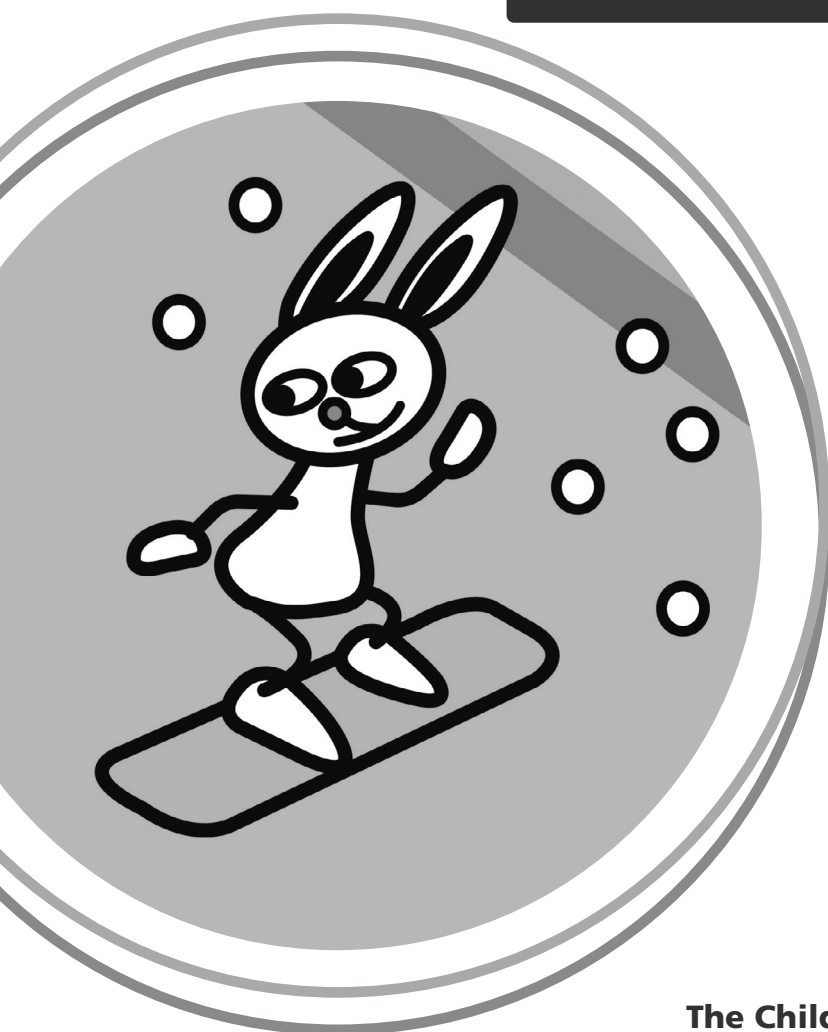


# Children's fluid management

**Information for parents and  
carers to help with your  
child's continence**





Incontinence (wetting) is a problem and can be very embarrassing for children at any age. This leaflet contains some information to help with your child's continence.

## **What is urinary incontinence?**

This is an involuntary leaking of urine (wee) from the bladder. This can be large (wet) or small (damp) volumes

## **Symptoms of incontinence**

Below are some symptoms your child may be experiencing:

- Wetting – day or night.
- Dampness.
- Urgency – needing to get to the toilet in a hurry.
- Frequency – needing to wee very often.
- Not being aware of the need to wee.

## Drinking enough fluids

**DRINKING LESS DOES NOT HELP.** Do not restrict your child's fluid intake, this only makes problems worse. When a child does not drink enough they become dehydrated and they will produce concentrated urine. This urine will irritate the bladder, causing many of the above symptoms.

This can also lead to the child having a smaller than expected bladder capacity.

Recommended fluid intake for children per day:

1 to 3 years	1 litre
4 to 8 years	1.2 litres
9 years plus	1.5 litres

Your child should be drinking mainly water based fluids. Nothing irritates the bladder more than concentrated urine so it is important that your child is encouraged to drink the suggested amounts however fizzy drinks, those that contain caffeine, E numbers, colorants or red berries are known to irritate the bladder and are best avoided.

**The best drink is water.**

It is important that your child drinks regularly throughout the day.

This is roughly every couple of hours:

- Breakfast time
- Mid morning (breaktime at school)
- Lunch time
- Mid afternoon (end of school day)
- Dinner/evening time.

If you would like your child's school contacted, please let your Nurse Specialist know.

## Going to the toilet

Your child should plan to go to the toilet about 6 times a day (every 2 hours). Ideally at the same times suggested for drinking **PLUS** before going to bed.

It is important that your child feels comfortable and when sitting on the toilet. A toilet stool may be required if they sit and their feet do not touch the floor or if they stand and have to stretch to reach the toilet.

It is very important that your child does not suffer with constipation. If they have fewer than 3 motions (poo's) a week or complain that it is difficult or painful to pass, please speak with your GP who may prescribe medication. Constipation also improves when your child is drinking well and is hydrated.

## Recording your child's progress

Improvements can take weeks, or even months, to notice. Sometimes, as you are increasing how much your child drinks, their symptoms may get worse. **IT IS IMPORTANT TO PERSEVERE.**

You will be expected to complete frequency volume charts for each appointment so progress can be monitored and plans made.

Please contact [paediatric.urology@ouh.nhs.uk](mailto:paediatric.urology@ouh.nhs.uk) if you have not received these.

## Further information

For further advice and information about bladder (wee's) and bowels (poo's), you might want to visit the following website:  
[www.Eric.org.uk](http://www.Eric.org.uk)



## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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