

# 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