






















FLUID INTAKE ADVICE AND RECORD CARD








You have been advised to increase your child's intake of fluids. Not drinking enough can make stools (poo) hard. By increasing the number of drinks per day it helps to keep the stool (poo) soft and therefore easier to pass. Aim to get your child to drink 6-8 glasses of fluid each day (approx. 2 pints or 1 litre). Suitable fluids include water, squash and fruit juices.







Get your child to colour in a glass for every drink they have during the day.

Week 1	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 2	
Monday	
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Saturday	
Sunday	

Week 3	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 4	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 5	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	