

## Tip sheet – Healthy Habits

Water is very important for the bladder and bowel to work well and prevent constipation

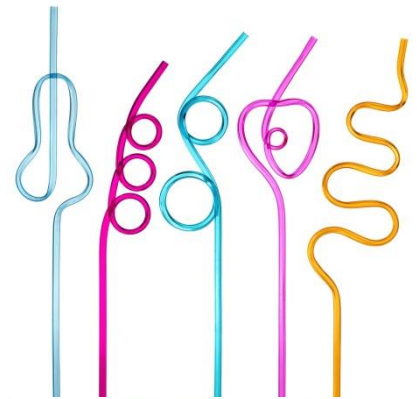
- 👤 Encourage your child to drink 6-8 cups of water based drinks spread evenly throughout the day
- 👤 Drinks such as fruit juice, soft drinks and 'energy drinks' should be limited
- 👤 Avoid too much milk (more than two cups a day) as it will fill up small tummies and limit appetite



**Do not restrict fluids to help with toilet training!**

### Suggestions for encouraging your child to drink water:

- 👤 Drink water in front of your child and set times specifically for drinking
- 👤 Reward your child for drinking well
- 👤 Measure out the total amount a child should be drinking a day and put it in a jug or plastic bottle. Making all their drinks from this can help them to visualise how well they are doing.
- 👤 Make drink times fun → You can use special straws, special cups, or add ice or try fizzy water



Constipation is when your child does less than 3 poos per week, finds it painful to do a poo or does lots of little bits of poo over the day

### Children with constipation may:

- 👤 Have a poor appetite
- 👤 Have tummy pains
- 👤 Avoid doing poos



**If your child has any of these symptoms see your doctor**