

Top Tips Promoting a Healthy Bladder and Bowel

- Do encourage your child to drink 6-8 water based drinks (such as water or squash) throughout the day. Your child should have a drink before going to school, three drinks whilst at school, a drink when they get home from school and a drink with their evening meal. Ideally their last drink should be about 1½ hours before going to bed,
- Water based drinks should be encouraged. Schools should provide adequate accessible facilities to enable children to have 3 drinks during a school day,
- Rehydration should be encouraged, particularly after playing sports or in hot Weather,
- Drinks with caffeine in, such as cola, hot chocolate, tea or coffee have been shown to 'irritate' the bladder. Sometimes, excluding dark coloured drinks, like blackcurrant juice, can improve wetting for some children,
- Promote a healthy diet this will ensure that your child has plenty of fruit, vegetables and cereals to avoid constipation,
- Exercise stimulates the muscles in the bowel and helps maintain regular bowel movement,
- Toileting routines may be particularly useful in reception KS1 classes this will to ensure the whole class is reminded to go to the toilet at key times of the day and reinforce the importance of good toileting habits.



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"Working together with you to keep your child healthy"

If you have any concerns regarding your child's health please contact **01933 235360**- many thanks from your Children and Young Peoples Nursing Team

For more information please visit: <http://www.eric.org.uk/>