

# Toileting

0 to 19  
TORBAY  
for you



## Daytime wetting

1 in 7 children aged 4½ suffer with daytime wetting, urgency, or frequency issues.

1 in 20 children aged 9½ suffer these issues also.

Children usually need to empty their bladder about four to seven times daily.

Constipation or a UTI can cause daytime wetting.



## What to do

- ✓ Make sure the child drinks plenty of fluids - water is best. See the guidance opposite.
- ✓ Encourage regular toilet visits, taking time and relaxing. Consider having a box of books, toys and games available to encourage this. Try to go every 90 minutes.
- ✓ Try 'double-voiding' - standing and counting to thirty before sitting and trying to go again.
- ✓ Encourage boys to sit down for a wee.



## Guidance

### Recommended Daily Fluid Intake for Children:

Age range (years)	Female intake	Male intake
4-8	1000 - 1400ml	1000 - 1400ml
9-13	1200 - 2100ml	1400 - 2300ml
14-18	1400 - 2500ml	2000 - 3200ml

Source: 'Constipation in children and young people: diagnosis and management' Clinical guideline [CG99] - May 2010 - National Institute for Health and Care Excellence (NICE).

For more information about toileting, visit [eric, The Children's Bowel & Bladder Charity](https://eric.org.uk) [eric.org.uk](https://eric.org.uk)