

# WEE CHECKER

## Hydration chart



1		<b>GOOD</b> Keep up the good work! You're drinking really well. You've got a happy, healthy bladder!
2		<b>GOOD</b> Keep up the good work! You're drinking really well. You've got a happy, healthy bladder!
3		<b>FAIR</b> Watch out! You could do with drinking a bit more please.
4		<b>DEHYDRATED</b> You really need to have a drink soon!
5		<b>DEHYDRATED</b> You really need to have a drink soon!
6		<b>VERY DEHYDRATED</b> Ouch! Your bladder and kidneys are getting worried! Have a big drink as soon as you can!
7		<b>SEVERELY DEHYDRATED</b> Thirsty? You should be – you're way overdue several big drinks. Get drinking as soon as you can – your bladder and kidneys are <i>NOT HAPPY!!</i>

### 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.



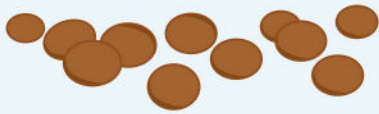
### HOW BIG SHOULD THE CUP BE?

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

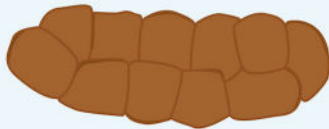
# POO CHECKER

## What's your poo telling you?



### TYPE 1

**Small hard lumps** like rabbit droppings.  
*This suggests severe constipation.*



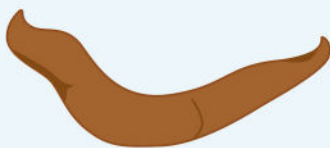
### TYPE 2

**Sausage shaped**, but hard and lumpy.  
*This suggests constipation.*



### TYPE 3

**Sausage shaped**, but hard, with cracks on the surface.  
*This suggests constipation.*



### TYPE 4

**A soft, smooth sausage** - **THE IDEAL POO!**



### TYPE 5

**Separate soft blobs**  
*May be fine if the child is well and softer poos can be accounted for e.g. increased intake of fibre or taking laxative.*



### TYPE 6

**A mushy stool**  
*May be fine if the child is well and softer poos can be accounted for e.g. increased intake of fibre or taking laxative.*



### TYPE 7

**A liquid stool**  
*This could be diarrhoea or overflow.*

*\*Based on the Bristol Stool Form Scale produced by Dr KW Heaton, Reader in Medicine at the University of Bristol.*