



DRINKING AND PEEING ADVICE

FOR TODDLERS

01 INTRODUCTION

The foundation for healthy drinking and toilet habits is laid down during early childhood (ages 3 to 6 years). This folder contains tips to help your toddler with this.



02 DRINKING ADVICE

How much to drink?

- Toddlers should drink 1 litre every day.
- For children from 6 years, this will be 1.5 litres per day.
- Sometimes your child needs to drink more; in hot weather, when playing sports or intensive games, or in case of fever, diarrhoea or vomiting.

What to drink?

Water

- Water is the best thirst quencher and the ideal drink to have between meals.
- You can flavour the water with a slice of lemon or sugar-free syrup.

Milk

- Milk contains important nutrients for growth and development.
- Have your child drink half a litre of milk every day, but preferably not after 4:00 p.m.

Warm drinks

- Choose (home-made) soup, stock (but not after 4:00 p.m.) or herbal tea.
- Regular tea is not suitable for children.

Juice

- Choose unsweetened fruit juice
- Give your child a maximum of one glass of fruit juice per day with a meal.

Soda, sweetened fruit juice, chocolate or fruit milk

These drinks are not suitable for daily drinking. Only give your child these drinks on special occasions.

Not suitable for children

- Drinks containing caffeine, such as coffee and cola
- Beverages containing theine, such as regular tea and ice tea
- Alcoholic drinks

03 DRINKING SCHEDULE

<p>Breakfast</p> 	
<p>In between</p>	
<p>Lunch</p> 	
<p>In between</p>	
<p>Dinner</p> 	



= 100 ml



= 300 ml



04 PEEING ADVICE

The urge to pee

- Allow your child to pee if he/she has an urge to pee.
- Only allow your child to postpone peeing if there is absolutely no other option.
- DO NOT allow your child to pee if he/she does not have an urge to pee.

Posture

- Seated (also for boys)
- With a footrest (bench)
- Use a toilet seat reducer until your child's buttocks can be sufficiently supported by the toilet seat.
- Pull underwear down to the ankles
- Back straight
- Hands on the thighs
- Do not allow your child to hover over the toilet



Peeing

- Peeing = relaxing
- Your child should not push or squeeze

Wipe clean

- Direction: from front to back (backwards towards the anus)



- Make a “glove” out of toilet paper for your child so he/she do not get his/her hands dirty when wiping.



Hygiene

Wash hands after every toilet visit

05 FURTHER INFORMATION

www.wildvanwater.be/Ouders/Thuis/Tipsadviezen.aspx

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