

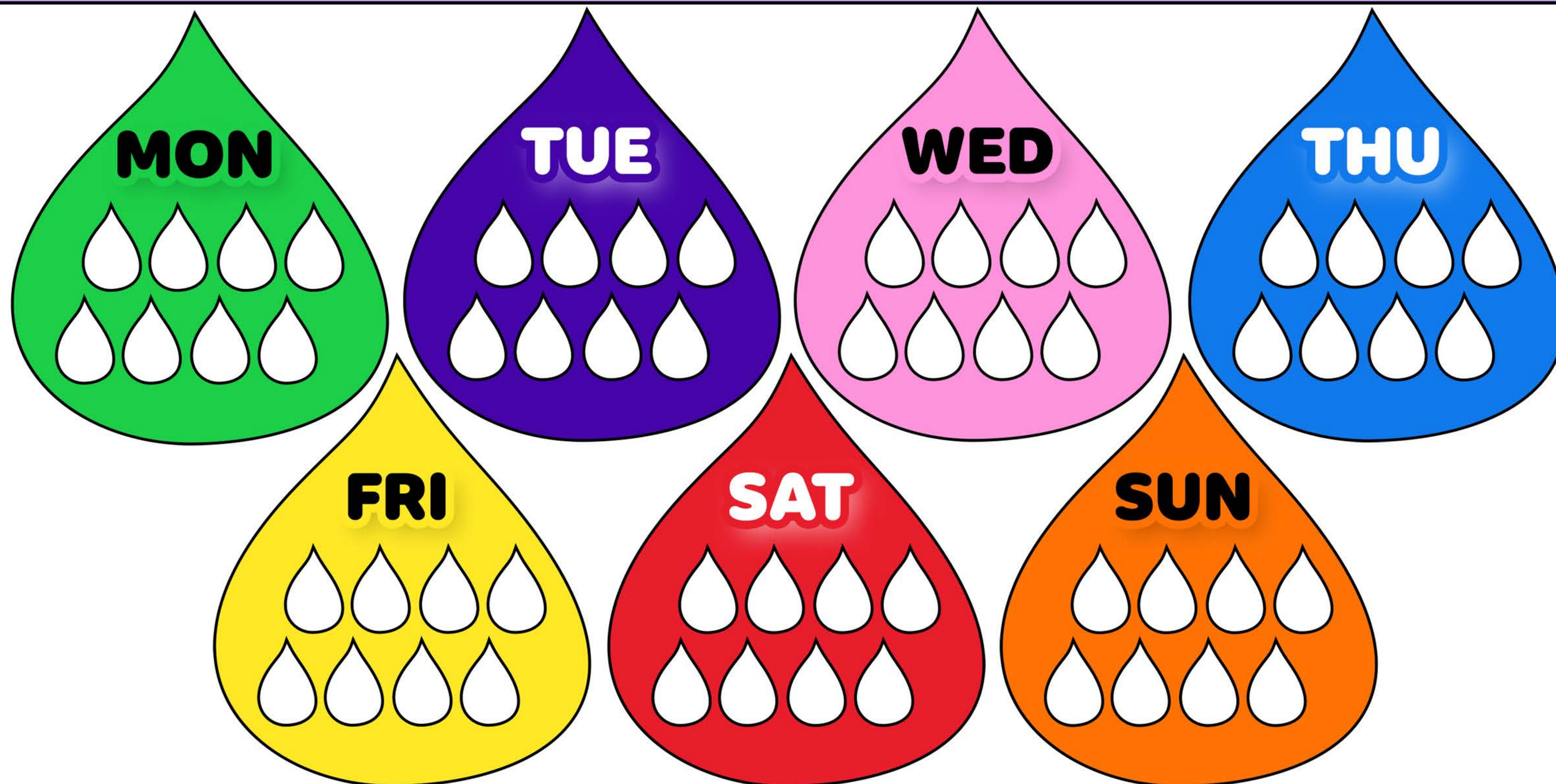
WATER TRACKER

Challenge addressed: Hydration

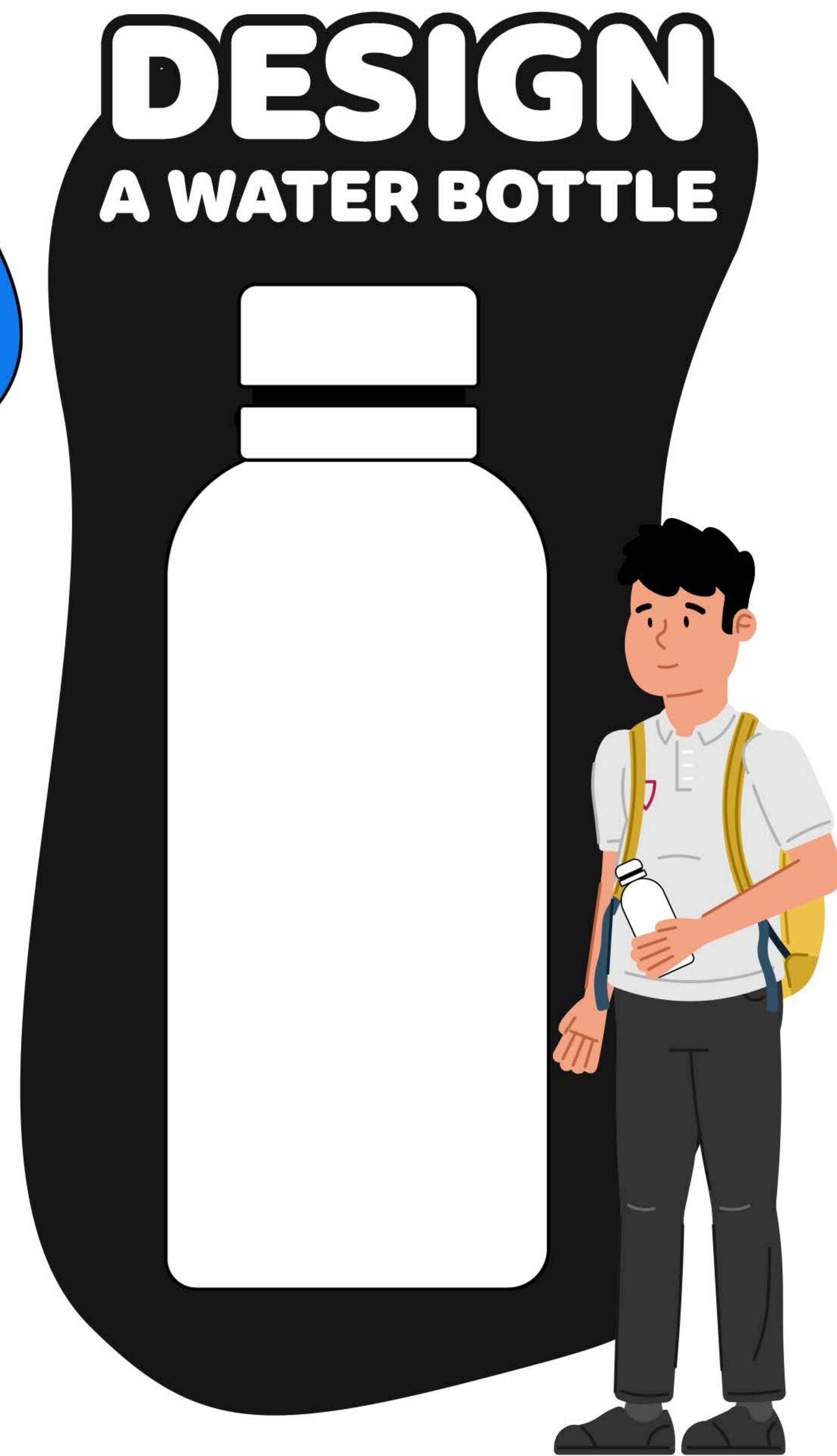
Ask your child to colour in a water droplet every time they've finished a drink. You can encourage your child to drink by turning it into a water-drinking challenge, and set a weekly goal based on the recommendations below. Your child may need more or less than the recommended amount of water, depending on the outcome of their poo and wee charts (find these activities on the Parents' Toolkit website via the QR code). You and your child could personalise and decorate their water bottles, for example with stickers.

Recommended amount of water per day: 1-3 years: 1,000mls (approx. 4 cups). 4-8 years: 1,300mls (approx. 5 cups). 8-13 years: 1,500mls-1,800mls (approx. 6-8 cups).

Scan for more information



	<p>This week _____</p> <p>has completed the</p> <p>water-drinking challenge!</p> <p>Date: _____ Signed: _____</p>
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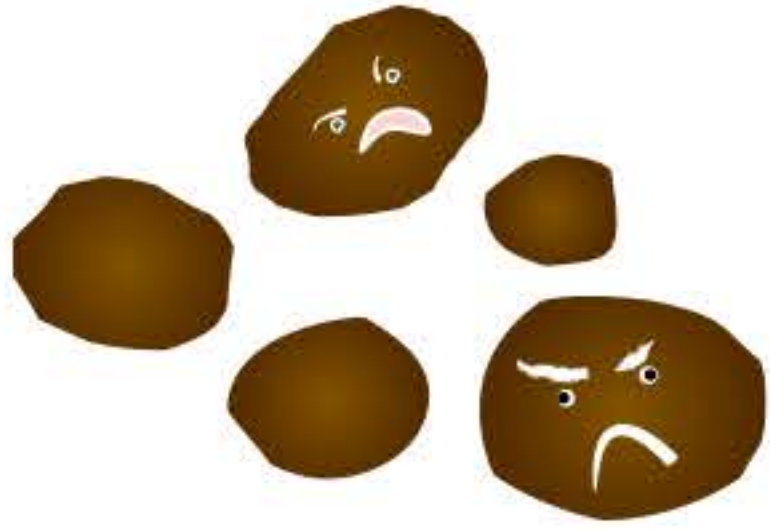
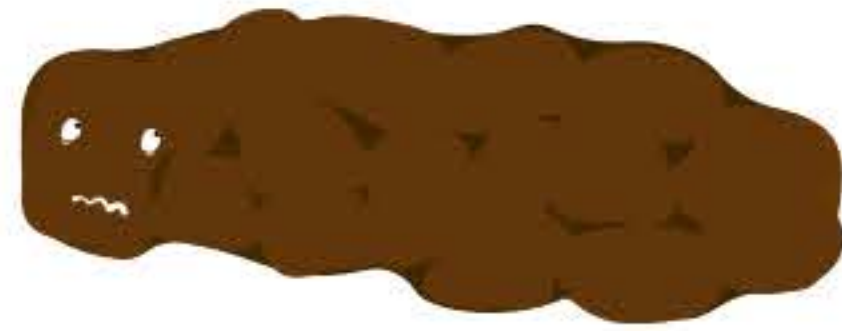

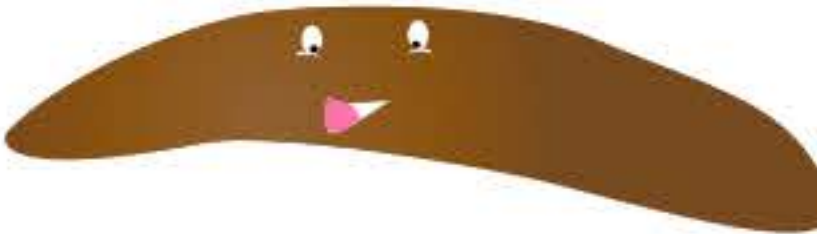
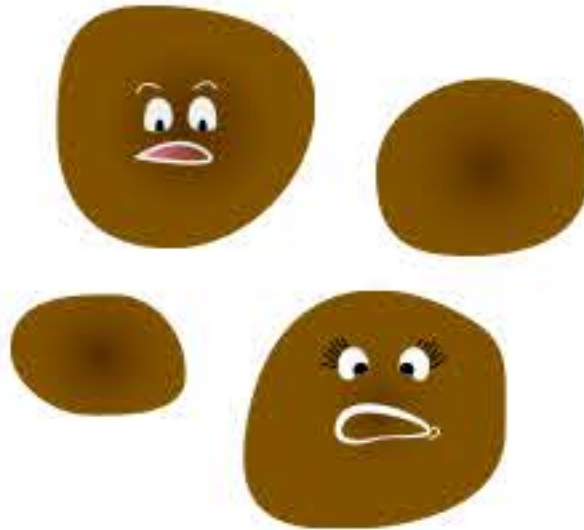


POO TRACKER

Challenge addressed: Hydration

Scan for more information



It's time to be POO DETECTIVES! Use the template chart to tally and note down with your child what their poo is like every day over one week. You can use stickers to make this more fun with younger kids. Use alongside 'Wee Tracker' and 'Water Tracker' from the Parents' Toolkit website to get an idea of your child's hydration levels. It is important to observe the colour of stool, as colours other than brown may indicate something is wrong. Please note, there may be other reasons why your child's poo is not quite right. Speak to your GP about any concerns. Recommended amount of water per day: 1-3 years: 1,000mls (approx. 4 cups). 4-8 years: 1,300mls (approx. 5 cups). 8-13 years: 1,500mls - 1,800mls (approx. 6-8 cups).

<p>_____ 's</p> <p>poo chart</p>	Type 1: Constipation Separate hard lumps, like nuts (hard to pass) 	Type 2: Mild Constipation Sausage-shaped but lumpy 	Type 3: Normal Like a sausage, but with cracks on the surface 	Type 4: Normal Like a sausage or snake, smooth and soft 	Type 5: Lacking fibre Soft blobs with clear-cut edges (passed easily) 	Type 6: Mild diarrhoea Fluffy pieces with ragged edges, a mushy stool 	Type 7: Severe diarrhoea Watery, no solid pieces (entirely liquid) 	Extra information Note any extra information that might be relevant e.g. illness
MON								
TUE								
WED								
THU								
FRI								
SAT								
SUN								

WHAT IS THE POO TELLING YOU:

TYPE 1 or 2:

Your child might be lacking fluids and fibre. Try increasing water intake and add more fruits and vegetables into diet.

TYPE 3 or 4:

Your child is having optimal poos! It is typical of people on a balanced diet and drinking enough fluids.

TYPE 5:

Your child might be lacking fibre. Try increasing fibre intake in diet.

TYPE 6 or 7:

Make sure your child drinks lots of fluids to replace the liquid lost, otherwise they might be dehydrated.



WEE TRACKER

Challenge addressed: Hydration

Check the colour of your child's urine against this colour chart to see if they're drinking enough fluids throughout the day. Involve your child by asking them to add a tick/ tally/ sticker under the colour column that their wee shows. If you notice blood in your child's urine (red or dark brown), seek advice from your GP. Please be aware that certain foods, medications and vitamin supplements can change the colour of urine. Use alongside 'Poo Tracker' and 'Water Tracker' from the Parents' Toolkit website to get an idea of your child's hydration levels. **Recommended amount of water per day:** 1-3 years: 1,000mls (approx. 4 cups). 4-8 years: 1,300mls (approx. 5 cups). 8-13 years: 1,500mls-1,800mls (approx. 6-8 cups).

Scan for more information



_____'s wee chart	Clear/very pale yellow: Hydrated		Pale/bright yellow: Mildly Dehydrated		Amber: Dehydrated		Burnt orange: Very dehydrated	
MON								
TUE								
WED								
THU								
FRI								
SAT								
SUN								



5 TIPS FOR TOILET TRAINING YOUNGER KIDS

1. Simple clothing, like elasticated waistbands, can help.
2. Encourage independent dressing - they will get better with practice.
3. Encourage hand washing as a habit.
4. Regular drinks will help them and their bladder capacity.
5. Talk to the professionals - teachers or health visitors can offer good advice.