

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).



_____'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.