**Drink and Toilet Diary**

Name: Date of Birth:

**Instructions for completing Diary**   
Choose any 3 days when your child is going to be home all day to ensure accuracy of the information, they can be separate days, but a pattern emerges if you can manage consecutive days.

If child uses nappy either use washable underwear for the 3 days or put some folded kitchen paper into the nappy to enable you to record the passing of urine, changing the paper every time it is wet. Ensure to check every hour to record information.

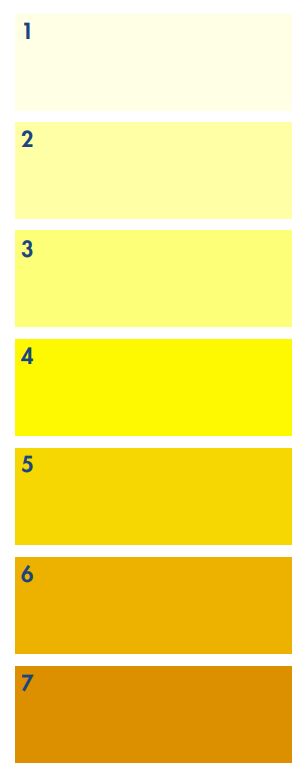
**Drink**

1. Aim for at least 6 drinks every day. e.g. ‘on waking’, ‘snack time’ ‘meal times’ to develop a habit of drinking at regular points in the day.
2. Ensure drinks are evenly spread across the day (3 drinks / ½ of child total daily volume drank in school).
3. Encourage child to finishes a drink, increasing size of drinks until drinking age appropriate volume each drink
4. Make the drinks at school easier to manage by either marking one bottle for 3 drinks or use 3 small bottles to drink at each break.
5. Talk to the child’s class teacher to ensure drinking in school may need reasonable adjustment to support plan
6. Last drink 1 hour before bed.

**Toilet**

1. Children cannot always rely on a good signal telling them they need to go to the toilet. Develop good toilet habits; sitting on the toilet ‘on waking’ ‘20-30 minutes after each meal’ ‘after finishing a drink’
2. Talk to the child’s class teacher to support toileting programme during the school day.
3. Make sure the child sits comfortably on the toilet with toilet insert if needed and feet flat and supported on a stool with knees above their hips.
4. Child should be encouraged to sit on the toilet for a few minutes after passing urine
5. Having toy or activities in the toilet room to relax them can make it fun and successful
6. Use Urine colour chart to monitor child hydration

|  |  |  |
| --- | --- | --- |
| AGE (Years) | SEX | Total Volume of fluid per day (mls)  Divide drinks into  6-8 drinks |
| 1-3 | Both | 900 - 1300 |
| 4-8 | Female | 1000-1400 |
| Male | 1000-1400 |
| 9-13 | Female | 1200-2100 |
| Male | 1400-2400 |
| 14-18 | Female | 1400-2500 |
| Male | 2100-3300 |
| Adult | Both | 1500-2500 |



**Drink and Toilet Diary**

Name: Date of Birth:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Drink** | | | | **Toilet** | | | |
| **Day  Date:** | Drink or feed Volume offered | Drink or feed Volume drank / taken | Drink or feed type | Urine passed in toilet/ potty (colour 1-7 and Volume in mls if able) | Check Nappy/ Disposable product hourly Dry/ Damp/ Wet/ Soaked/ Leaked | Clothes/ Bed wet in the morning  **YES/NO** | Bowel open  **YES/NO** |
| Time |
| **Waking up** |  |  |  |  |  |  |  |
| **Breakfast** |  |  |  |  |  |  |  |
| 8.00am |  |  |  |  |  |  |  |
| 9.00am |  |  |  |  |  |  |  |
| 10.00am |  |  |  |  |  |  |  |
| 11.00am |  |  |  |  |  |  |  |
| Midday |  |  |  |  |  |  |  |
| **Lunch/Dinner** |  |  |  |  |  |  |  |
| 1.00pm |  |  |  |  |  |  |  |
| 2.00pm |  |  |  |  |  |  |  |
| 3.00pm |  |  |  |  |  |  |  |
| 4.00pm |  |  |  |  |  |  |  |
| **Tea/Supper** |  |  |  |  |  |  |  |
| 5.00pm |  |  |  |  |  |  |  |
| 6.00pm |  |  |  |  |  |  |  |
| 7.00pm |  |  |  |  |  |  |  |
| 8.00pm |  |  |  |  |  |  |  |
| 9.00pm |  |  |  |  |  |  |  |
| **Bedtime** |  |  |  |  |  |  |  |
| **During the night** |  |  |  |  |  |  |  |
| Comments: | | | | | | | |

**Drink and Toilet Diary**

Name: Date of Birth:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Drink** | | | | **Toilet** | | | |
| **Day  Date:** | Drink or feed Volume offered | Drink or feed Volume drank / taken | Drink or feed type | Urine passed in toilet/ potty (colour 1-7 and Volume in mls if able) | Check Nappy/ Disposable product hourly Dry/ Damp/ Wet/ Soaked/ Leaked | Clothes/ Bed wet in the morning  **YES/NO** | Bowel open  **YES/NO** |
| Time |
| **Waking up** |  |  |  |  |  |  |  |
| **Breakfast** |  |  |  |  |  |  |  |
| 8.00am |  |  |  |  |  |  |  |
| 9.00am |  |  |  |  |  |  |  |
| 10.00am |  |  |  |  |  |  |  |
| 11.00am |  |  |  |  |  |  |  |
| Midday |  |  |  |  |  |  |  |
| **Lunch/Dinner** |  |  |  |  |  |  |  |
| 1.00pm |  |  |  |  |  |  |  |
| 2.00pm |  |  |  |  |  |  |  |
| 3.00pm |  |  |  |  |  |  |  |
| 4.00pm |  |  |  |  |  |  |  |
| **Tea/Supper** |  |  |  |  |  |  |  |
| 5.00pm |  |  |  |  |  |  |  |
| 6.00pm |  |  |  |  |  |  |  |
| 7.00pm |  |  |  |  |  |  |  |
| 8.00pm |  |  |  |  |  |  |  |
| 9.00pm |  |  |  |  |  |  |  |
| **Bedtime** |  |  |  |  |  |  |  |
| **During the night** |  |  |  |  |  |  |  |
| Comments: | | | | | | | |

**Drink and Toilet Diary**

Name: Date of Birth:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Drink** | | | | **Toilet** | | | |
| **Day  Date:** | Drink or feed Volume offered | Drink or feed Volume drank / taken | Drink or feed type | Urine passed in toilet/ potty (colour 1-7 and Volume in mls if able) | Check Nappy/ Disposable product hourly Dry/ Damp/ Wet/ Soaked/ Leaked | Clothes/ Bed wet in the morning  **YES/NO** | Bowel open  **YES/NO** |
| Time |
| **Waking up** |  |  |  |  |  |  |  |
| **Breakfast** |  |  |  |  |  |  |  |
| 8.00am |  |  |  |  |  |  |  |
| 9.00am |  |  |  |  |  |  |  |
| 10.00am |  |  |  |  |  |  |  |
| 11.00am |  |  |  |  |  |  |  |
| Midday |  |  |  |  |  |  |  |
| **Lunch/Dinner** |  |  |  |  |  |  |  |
| 1.00pm |  |  |  |  |  |  |  |
| 2.00pm |  |  |  |  |  |  |  |
| 3.00pm |  |  |  |  |  |  |  |
| 4.00pm |  |  |  |  |  |  |  |
| **Tea/Supper** |  |  |  |  |  |  |  |
| 5.00pm |  |  |  |  |  |  |  |
| 6.00pm |  |  |  |  |  |  |  |
| 7.00pm |  |  |  |  |  |  |  |
| 8.00pm |  |  |  |  |  |  |  |
| 9.00pm |  |  |  |  |  |  |  |
| **Bedtime** |  |  |  |  |  |  |  |
| **During the night** |  |  |  |  |  |  |  |
| Comments: | | | | | | | |