

SUGGESTED DAILY INTAKE OF DRINKS FOR CHILDREN AND YOUNG PEOPLE

AGE	SEX	TOTAL DRINKS PER DAY
4 – 8 YEARS	Female	1000 – 1400 ml
	Male	1000 – 1400 ml
9-13 YEARS	Female	1200 – 2100 ml
	Male	1400 – 2300 ml
14-18 YEARS	Female	1400 – 2500 ml
	Male	2100 – 3200 ml

Adapted from CG111 Nocturnal Enuresis – the management of bedwetting in children and young people: understanding NICE guidance 2010