

























































FLUID COLOURING RECORD

























































You have been advised to increase your child's intake of fluids. Not drinking enough can make stools (poo) hard, by increasing the number of drinks per day it helps to keep the stool (poo) soft and therefore easier to pass. Aim to get your child to drink 6 - 8 glasses of fluid each day (approx. 2 pints or 1 litre). Suitable fluids include water, squash, and fruit juices.

WEEK 1

Get your child to colour in a glass for every drink they have during the day:

Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

WEEK 2

























































Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

FLUID COLOURING RECORD

















































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WEEK 3

Get your child to colour in a glass for every drink they have during the day:

Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

WEEK 4

Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday	