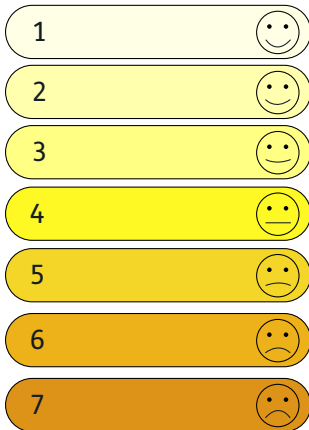


Checking for a healthy bladder

Bladder Assessment

You can check the health and development of your child's bladder by looking at two things: the colour of their pee and how often they go.

The colour lets you know if your child is properly hydrated – a normal colour is something like lemonade or light beer. You can also compare it to the hydration scale at the side of the page. If it's too dark, check out our tips for increasing fluid intake on page 12.



Are you drinking enough?

Check the colour of your urine against this colour chart to see if you're drinking enough fluids throughout the day.

If your urine matches **1 to 3** then you're hydrated.

If your urine matches **4 to 7** then you're dehydrated and you need to drink more.

Please be aware that certain foods, medications and vitamin supplements can change the colour of your urine.

