

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 *CGI 1.1 Nocturnal enuresis – the management of bedwetting in children and young people: understanding NICE guidance. October 2010.*

FERRING

PHARMACEUTICALS

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