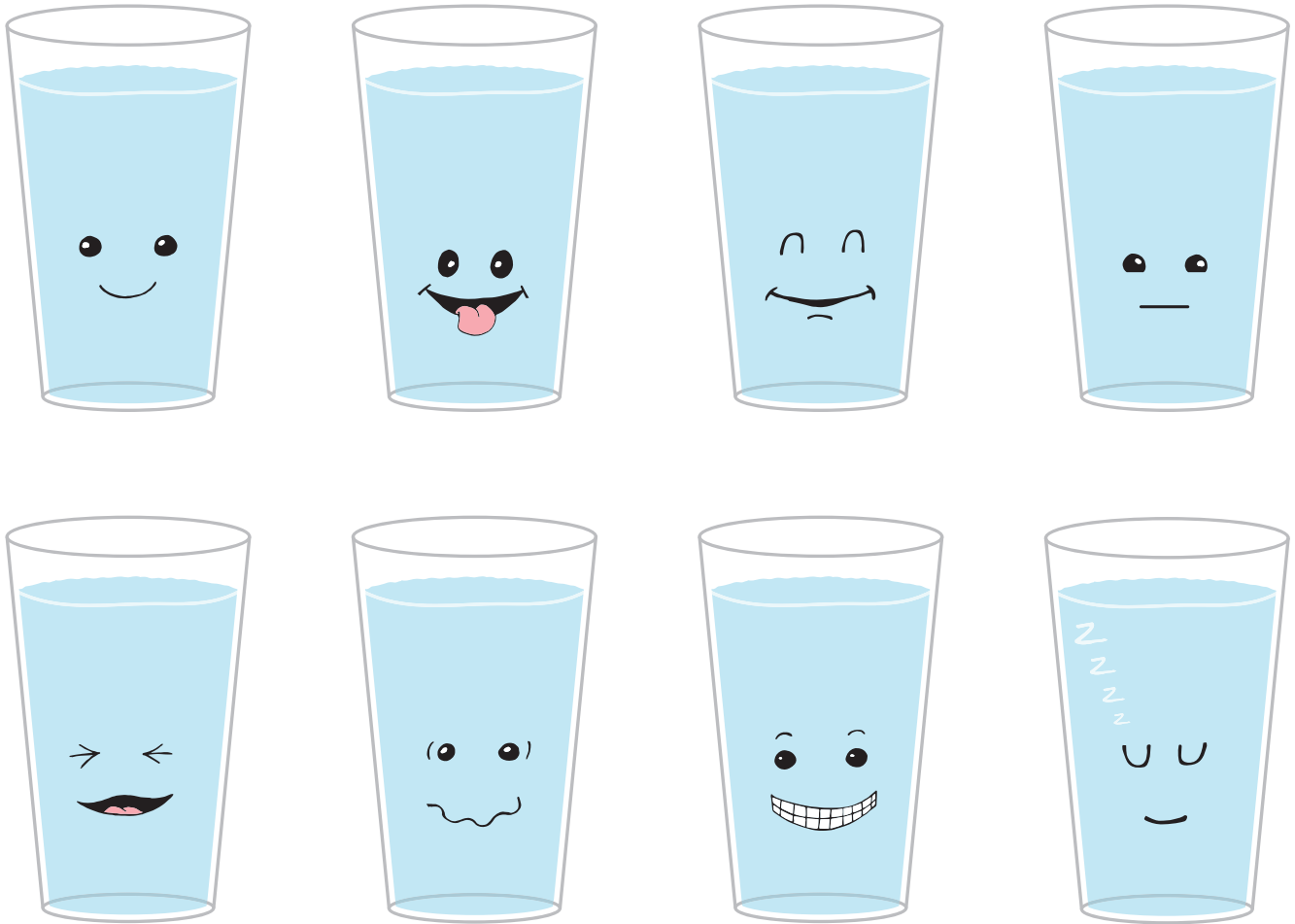


Drink 8 glasses of water a day*



*It is advised that children aged 4 - 13 aim to drink approximately 6 - 8 glasses of fluid a day in addition to the water included in the food in their diet.
Advice from the Natural Hydration Council.

More FREE washroom posters are available to download at:
www.washroomcubicles.co.uk/posters



For washroom products,
advice and resources visit:
www.washroomcubicles.co.uk



For training and support regarding
childhood continence issues:
www.eric.org.uk