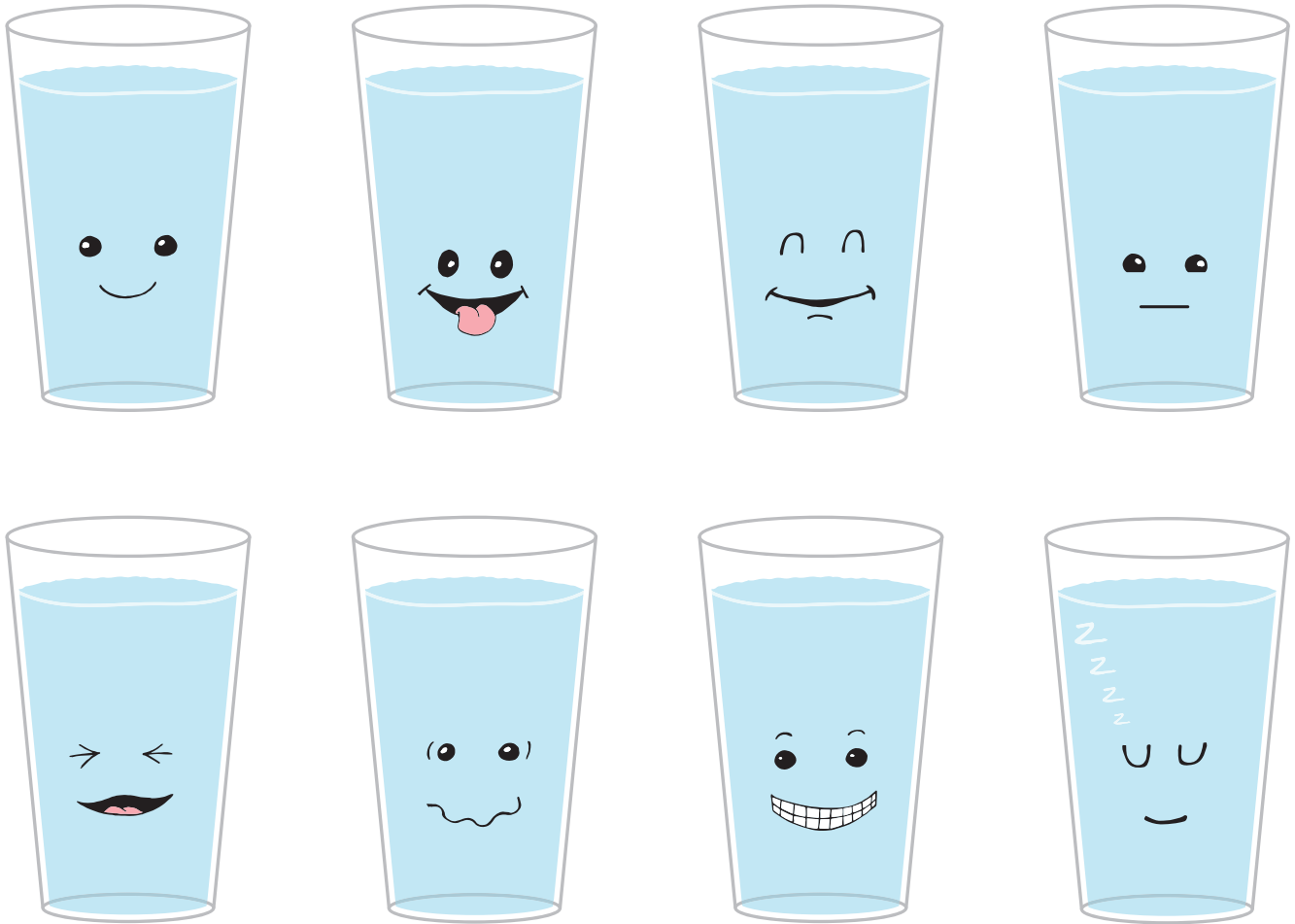


# Drink 8 glasses of water a day\*



\*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](http://www.washroomcubicles.co.uk/posters)



For washroom products,  
advice and resources visit:  
[www.washroomcubicles.co.uk](http://www.washroomcubicles.co.uk)



For training and support regarding  
childhood continence issues:  
[www.eric.org.uk](http://www.eric.org.uk)