## ADL

## How Much Should My Child Be Drinking?

Here are some guides to how much fluid your child should be drink daily. Please remember every child is different and these are only a guide.

| Age | Average | 250 ml Cup | 500 ml sport bottles |
| :---: | :---: | :---: | :---: |
| 6months - <br> 1 year | $\begin{gathered} 750- \\ 1250 \mathrm{ml} \end{gathered}$ | 3-5 | $11 / 2-21 / 2$ |
| $1-3$ years | $\begin{aligned} & 1000- \\ & 1250 \mathrm{ml} \end{aligned}$ | 4-5 | $2-21 / 2$ |
| $4-6$ years | $\begin{aligned} & \hline 1250- \\ & 1500 \mathrm{ml} \end{aligned}$ | 5-6 | 21/2-3 |
| 7-10 years | $\begin{gathered} \hline 1500 \mathrm{ml}- \\ 1750 \mathrm{ml} \end{gathered}$ | 6-7 | $3-31 / 2$ |
| 11-14 years | $\begin{gathered} \hline 1750 \mathrm{ml}- \\ 2250 \mathrm{ml} \end{gathered}$ | 7-9 | $31 / 2-41 / 2$ |
| 15-18 years | $\begin{gathered} 2250 \mathrm{ml}- \\ 2500 \mathrm{ml} \end{gathered}$ | 9-10 | 41/2-5 |

