

## 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	250ml Cup	500ml sport bottles
6months – 1 year	750 – 1250ml	3 – 5	1 ½ - 2 ½
1 -3 years	1000 – 1250ml	4 -5	2 – 2 ½
4-6 years	1250 – 1500ml	5 – 6	2 ½ - 3
7-10 years	1500ml – 1750ml	6 -7	3 – 3 ½
11-14 years	1750ml – 2250ml	7 – 9	3 ½ - 4 ½
15-18 years	2250ml – 2500ml	9 - 10	4 ½ - 5