

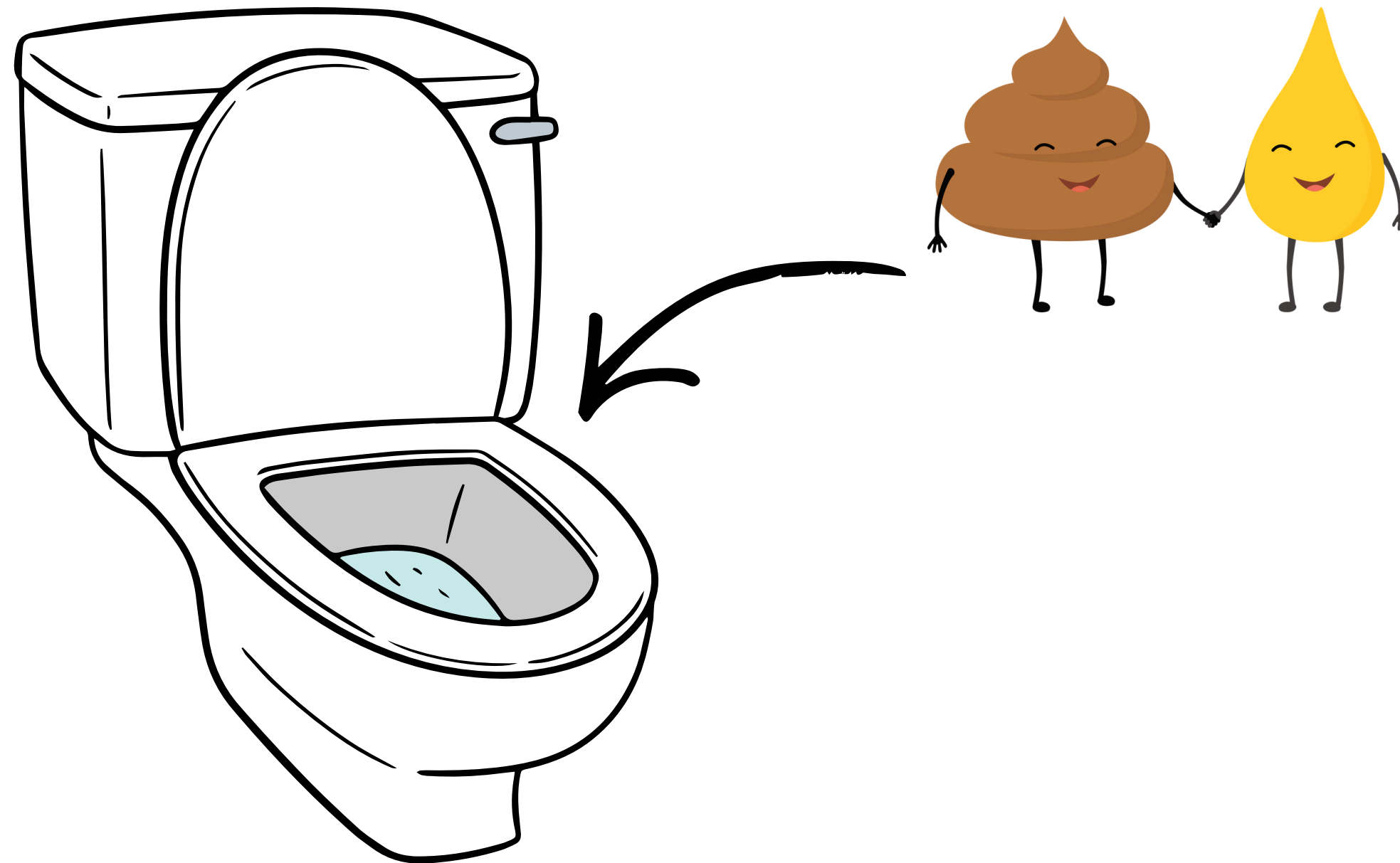
My Body Feels Better When I Use the Toilet



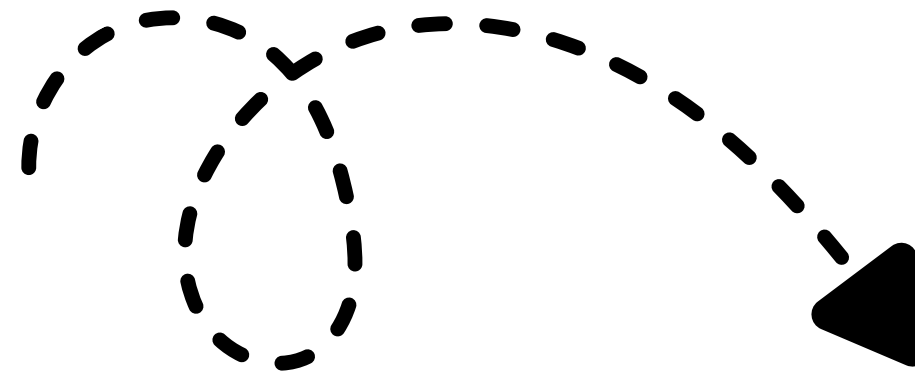
My body works hard every day. It helps me walk, talk, learn, and play. My body deserves to feel clean and comfortable.



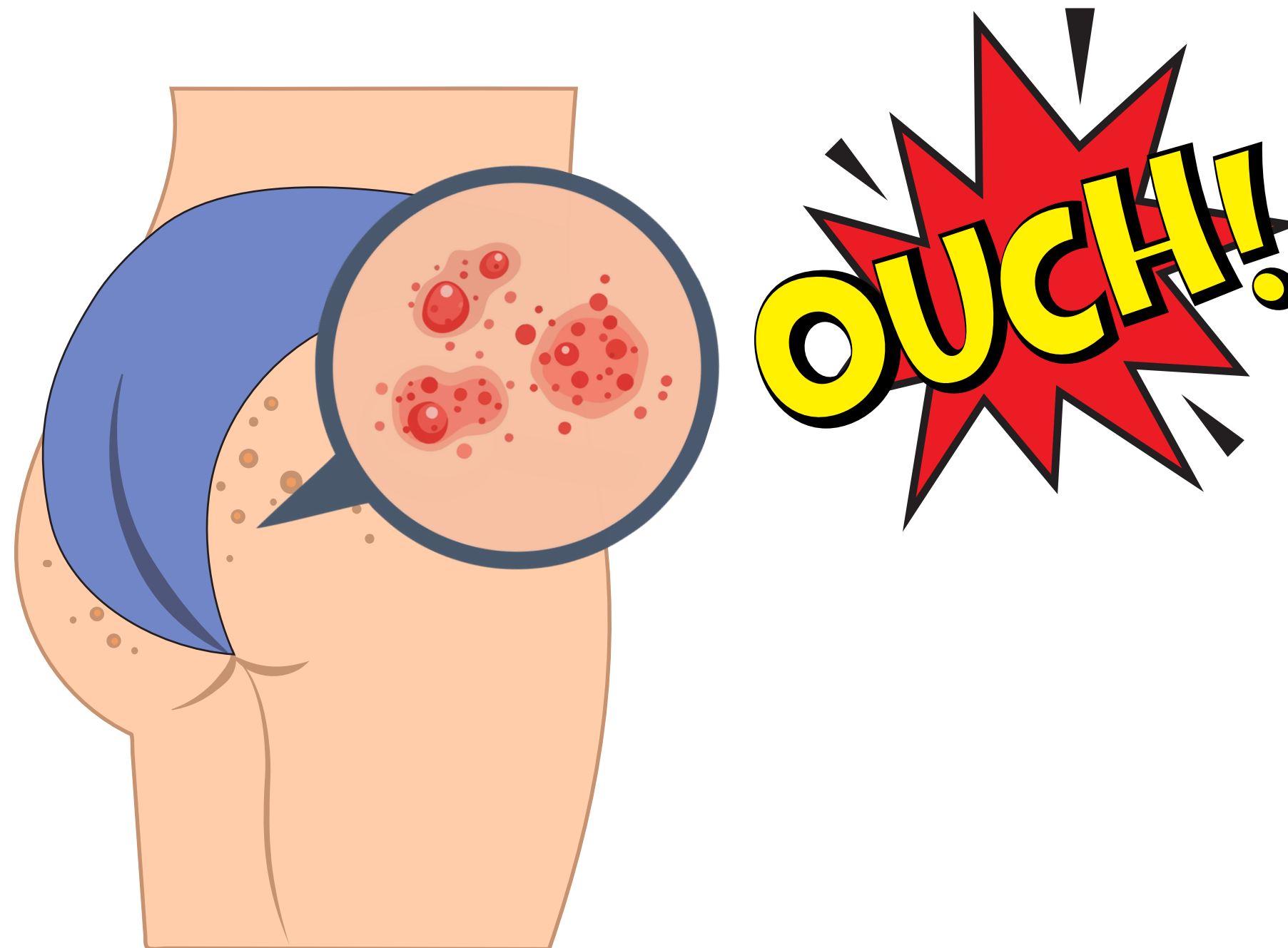
Sometimes my body needs to get rid of pee and poop. That's normal — everyone does it. It's one of the ways my body stays healthy.



When I use a diaper, pee and poop stay close to my skin.
Even if I don't notice right away, my skin does.



When pee and poop stay on my skin, it can make my bottom feel sore. It can cause bumps, redness, and pain. My skin might feel itchy or uncomfortable.



My body is telling me something important: “I don’t like this.
I want to feel clean.”

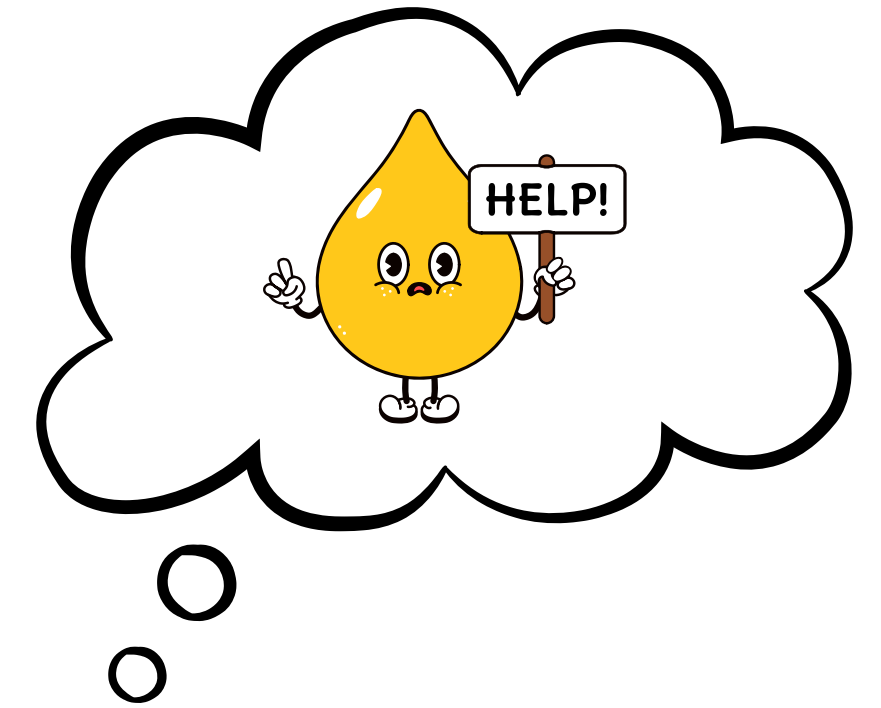


My body gives me clues when it's time to use the toilet. Some clues are small. Some clues are big. All clues are helpful.



Pee Clues:

- My tummy feels full
- My legs wiggle or squeeze together
- I feel pressure in my lower belly
- I start to dance or move around a lot
- I think, “I need to go”



Poop Clues:

- My tummy feels tight or crampy
- I feel pressure in my bottom
- I start to push without meaning to
- I feel gas
- I think, “Something needs to come out”



I should sit on the toilet until the poop and pee come out. Sometimes it takes a little bit of time. I should not get up until I get rid of the pee and poop.



While I wait, I can...

- read a book
- look at pictures
- listen to music

When I notice a clue, I can follow these steps:

1



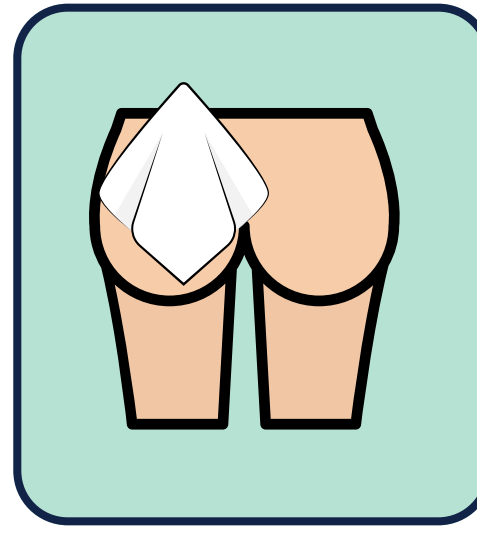
**Go poop and pee
on toilet**

2



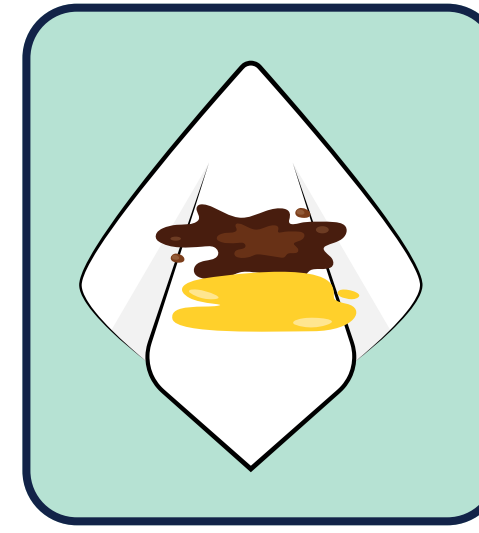
Get toilet paper

3



Wipe

4



**Check if paper
is clean**

5



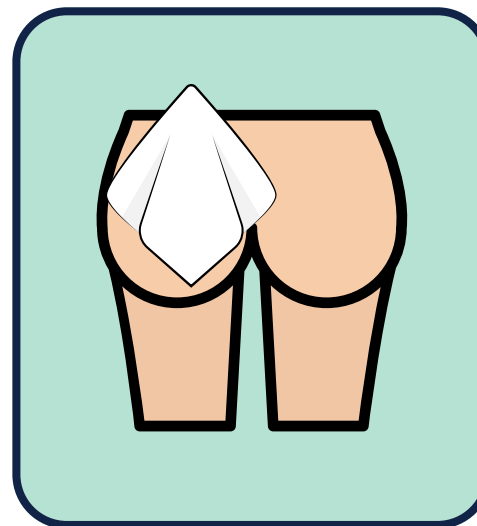
**Put paper in
toilet**

6



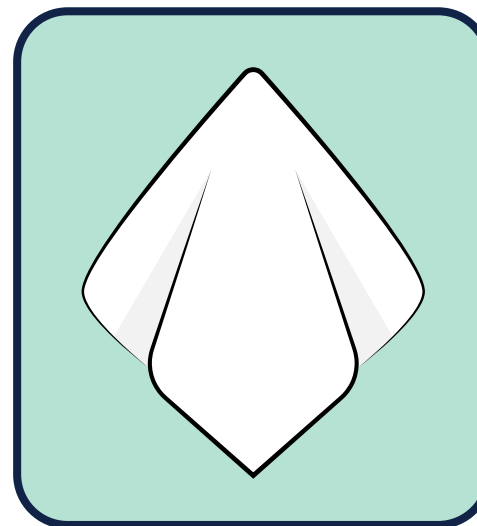
Get more paper

7



Wipe again

8



**Wipe until
paper is clean**

9



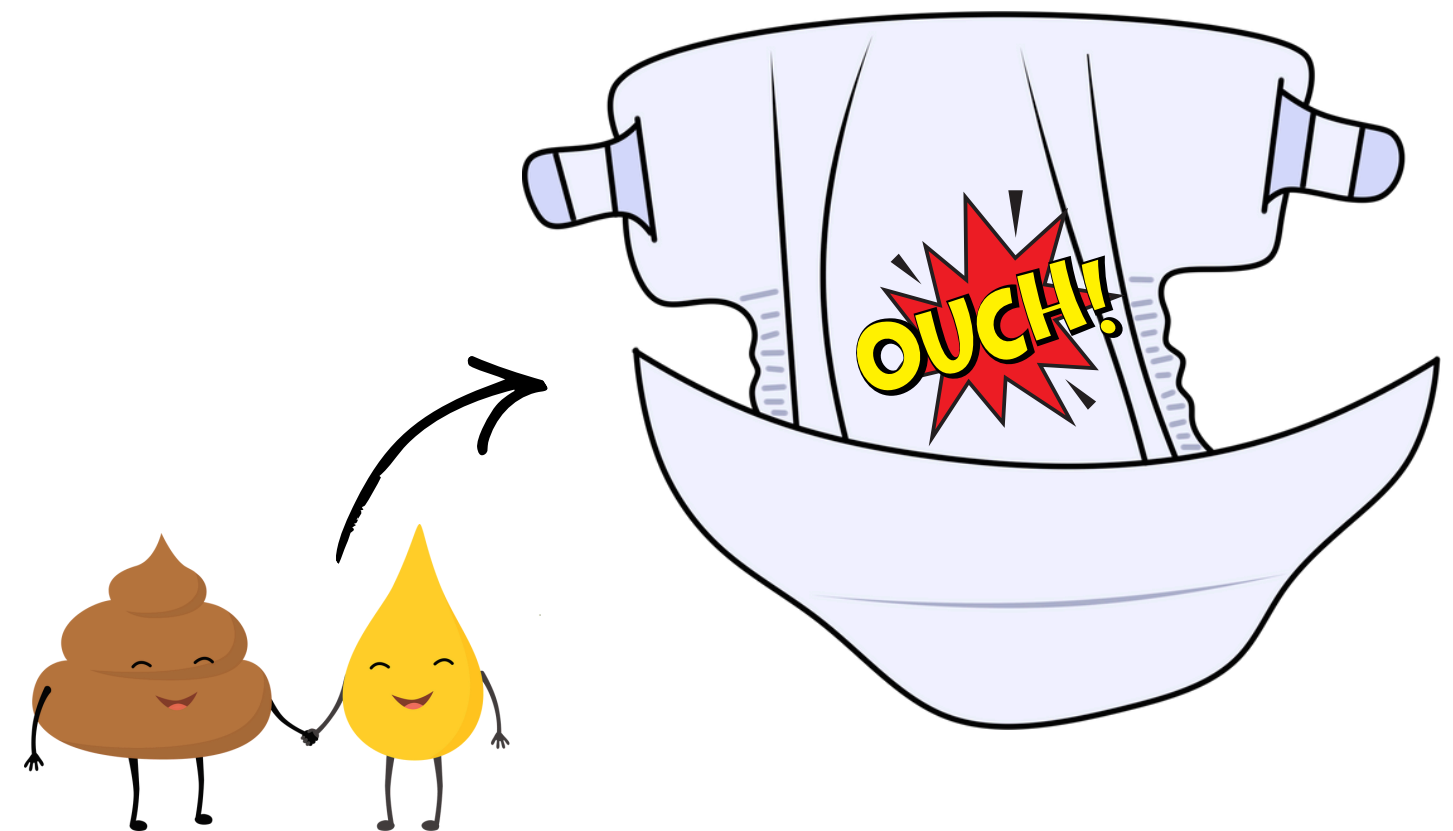
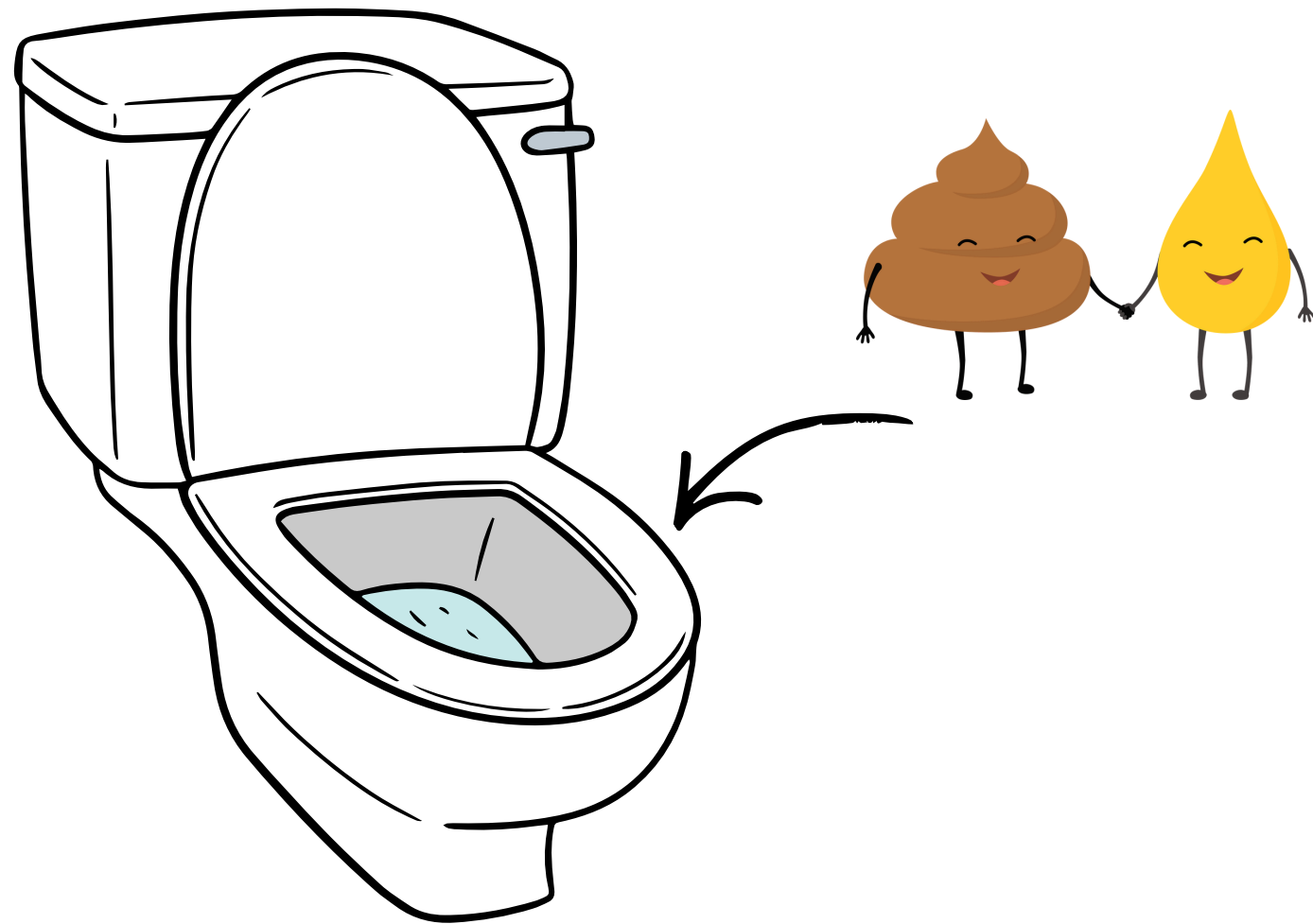
Pull up pants

10



Flush & wash hands

Every time I use the toilet, and not a diaper, I help my skin stay clean and dry. I help the bumps and soreness go away. I help my body feel better.



My body is strong. My body is smart. My body gives me clues to help me. Using the toilet is one way I take care of myself.



Thanks for reading with us!



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