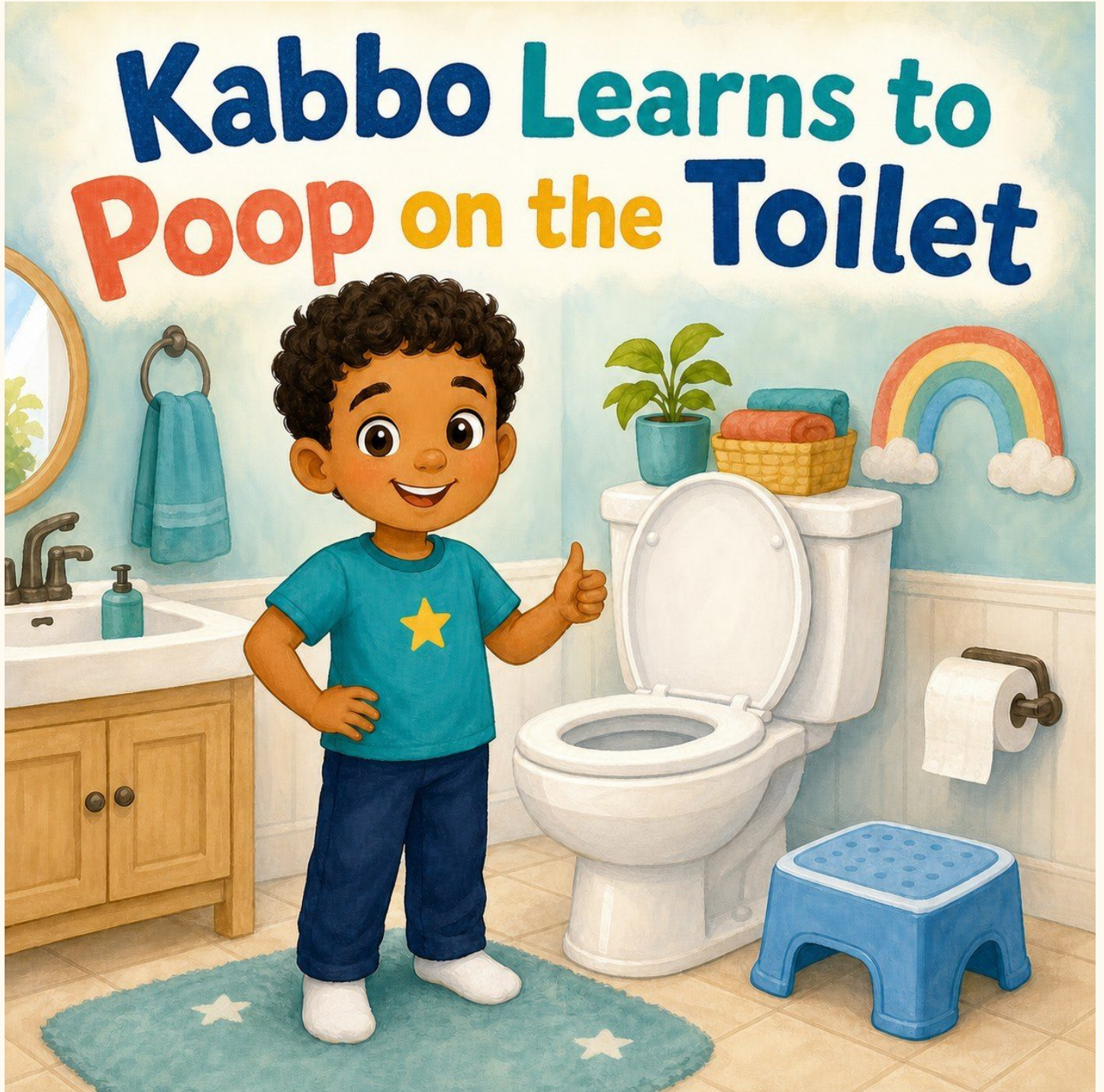


Learning to Poop in the Toilet





Everybody eats food.



Everybody who eats food needs to poop.



Poop is the leftover food that your body does not need to use.



Babies poop in diapers. Little kids poop on a potty. Big kids and grown-ups poop on the toilet.



When kids are learning to poop on the toilet, sometimes they have accidents and poop in their underwear.



Poop in underwear is dirty and gross. People do not like to clean poop from underwear.



People usually go poop once a day, but sometimes people poop more than once a day, and this is okay.



Sometimes people do not go poop for one day, and this can be okay. It depends on what kind of food they ate and how much water they drank.



Sometimes people do not go poop for a few days, and this is not a good thing. The body needs to get rid of poop so the intestines can stay healthy.



When it is time to go poop, we may have a funny feeling in our stomach and a funny feeling in our bum.



Those funny feelings tell us that it is time to go to the bathroom and try to poop. When I feel those funny feelings in my stomach and my bum, I will try to sit on the toilet.



Some people like to put their feet on a stool when they sit on the toilet because it is more comfortable.



Sometimes our poop comes out right away, and sometimes we need to sit and wait for a little while.



If I need to sit and wait for a little while, I can read my favourite book or play a computer game.



Sometimes when we poop in the toilet, the poop makes a funny noise when it hits the water.



Sometimes when poop hits the water, the water can splash us. That is okay. We can wipe the water off with toilet paper.



Sometimes poop is stinky. If I do not like the smell, I can use a bathroom spray.



After we poop, we need to flush the toilet to send the poop to the sewer.



After we poop, we need to wipe our bum. There are different ways to wipe our bums.
Different people like different ways, and that is okay.



If I try to go poop on the toilet for seven days in a row, Mom will clear space on her laptop and I will be able to install a new game.



It will make my Mom and Dad very happy when I try to go poop on the toilet.