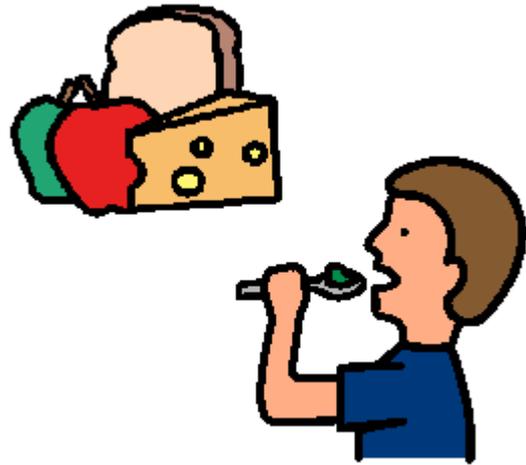


How do I go to the toilet by myself?

(A guide for girls)

My name is:

Own photographs of foods that I like



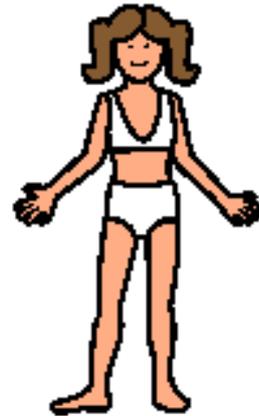
When I eat food or treats, it goes into my mouth and into my body.

Own photographs of drinks that I like



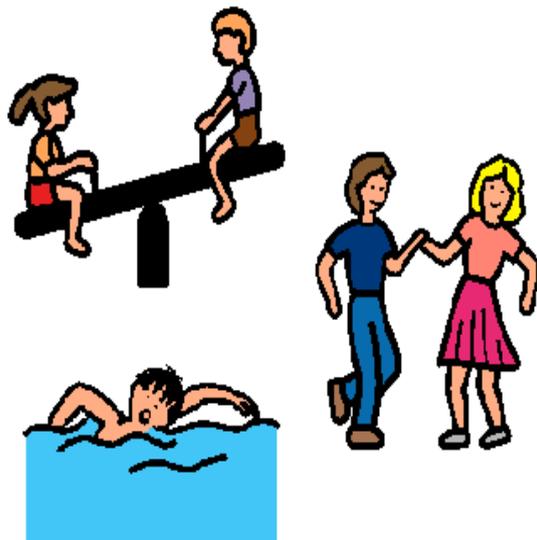
When I drink water or juice or tea or milk, it goes into my mouth, and into my body.

Own photograph of me fully clothed.

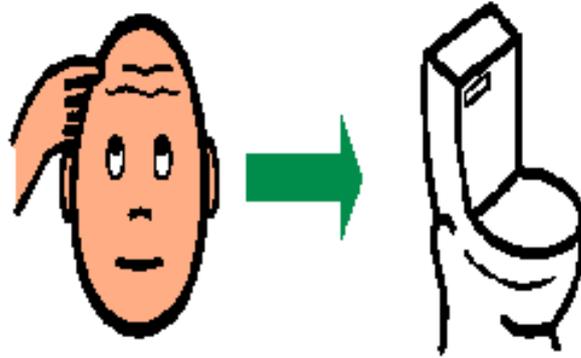


The food and drinks go into my tummy and then around my body to my head, arms and legs, and right down to my fingers and toes.

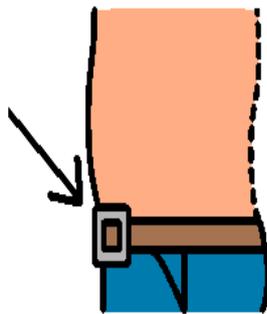
Own photographs of things I like to do



My body uses food and water to help me do things I like to do, like play with my friends, dance or swim.

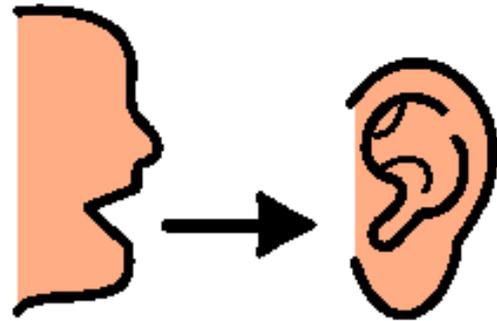


The food and water also make me want to go to the toilet.



When I need the toilet, I can feel it in my tummy.

Own photographs of who I can tell



It's good to tell someone, because then they can help me if I need help.



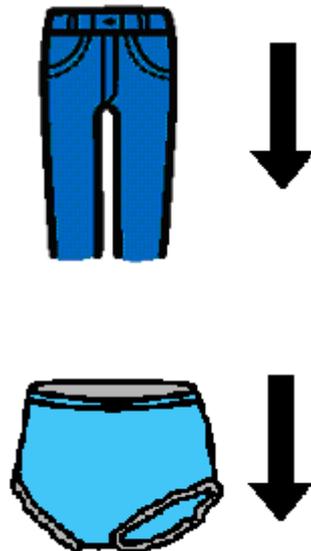
Sometimes I make a mistake, but then I will put new clothes on.

Own Photograph



When I need the toilet, I go into the bathroom.

Own Photograph



I pull down my trousers. Then I pull down my pants.



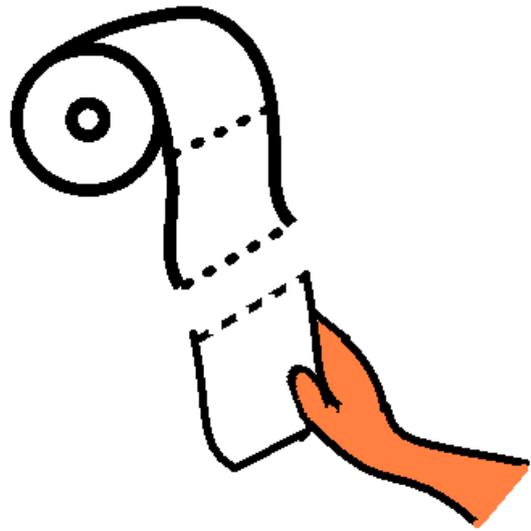
I sit down on the toilet.



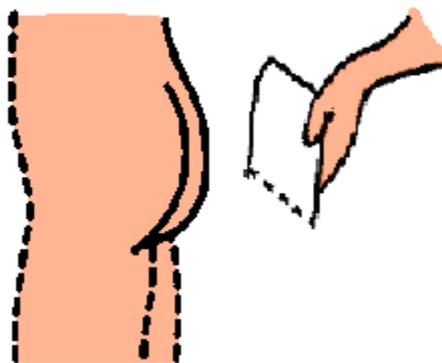
Own photographs of activities I would
like to do while I wait

Sometimes I have to wait for a while before I can use the toilet. What do I like to do while I wait?

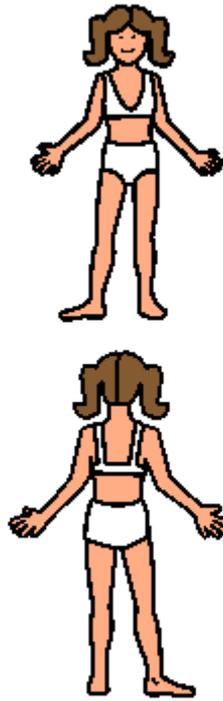
Own Photograph



When I'm all done, I get some toilet paper from the roll.

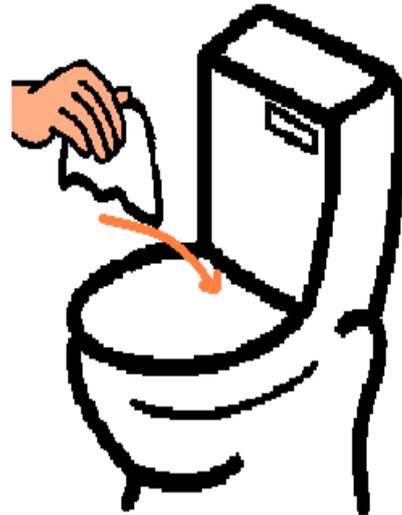


I wipe with the toilet paper.



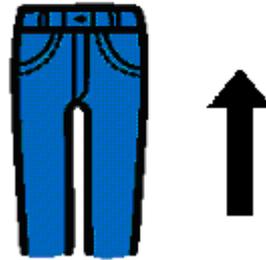
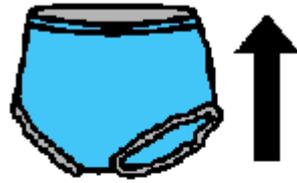
Because I'm a girl, I need to wipe myself a special way – from my front to my back.

Own Photograph



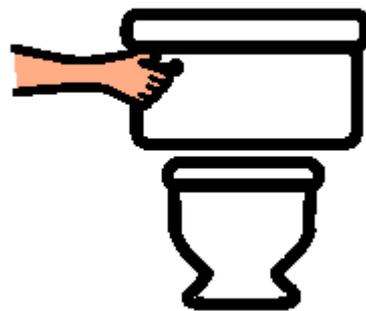
I put the toilet paper in the toilet.

Own Photograph



I pull up my pants and then my trousers.

Own Photograph



I flush the toilet.

Own Photograph



I wash my hands with soap, and water.

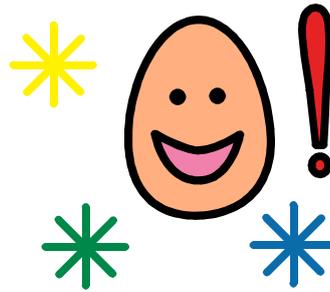
Own Photograph



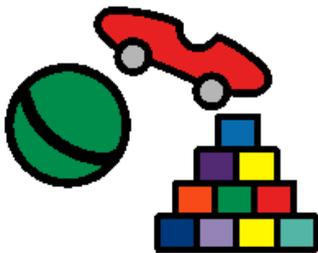
Now I dry my hands.



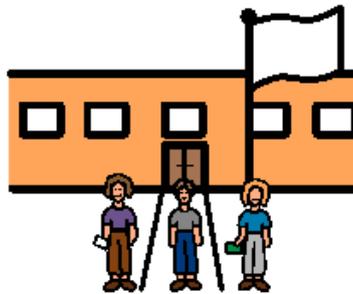
Own Photograph of Me Smiling



I'm finished. I did a great job.



play



school



sleep



shopping

Now I can go and ...

Bibliography

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Contact author: luki.adam@yahoo.co.uk