

# Going to the Toilet

Social Story

## **Going to the Toilet at Home**

### **Symbol Supported Social Story**

**NB - Choose the most appropriate option for your child from pages 6 - 8**

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Story written and created in collaboration with Lynn McCann, Autism Specialist at Reachout ASC and author of '*Stories that Explain*' published by LDA.

Web: <https://reachoutasc.com/>

Facebook: <https://www.facebook.com/ReachoutASC>

This resource was made primarily with a single skin-tone as it is intended to be used with a specific person. To make the social story more personalised you can customise the skin-tones in InPrint 3.

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Insert photo of person here



My name is

.



I live

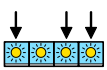


at home



with

..



I usually



eat



my breakfast



in the morning

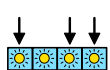
and



have a drink.



My family



usually

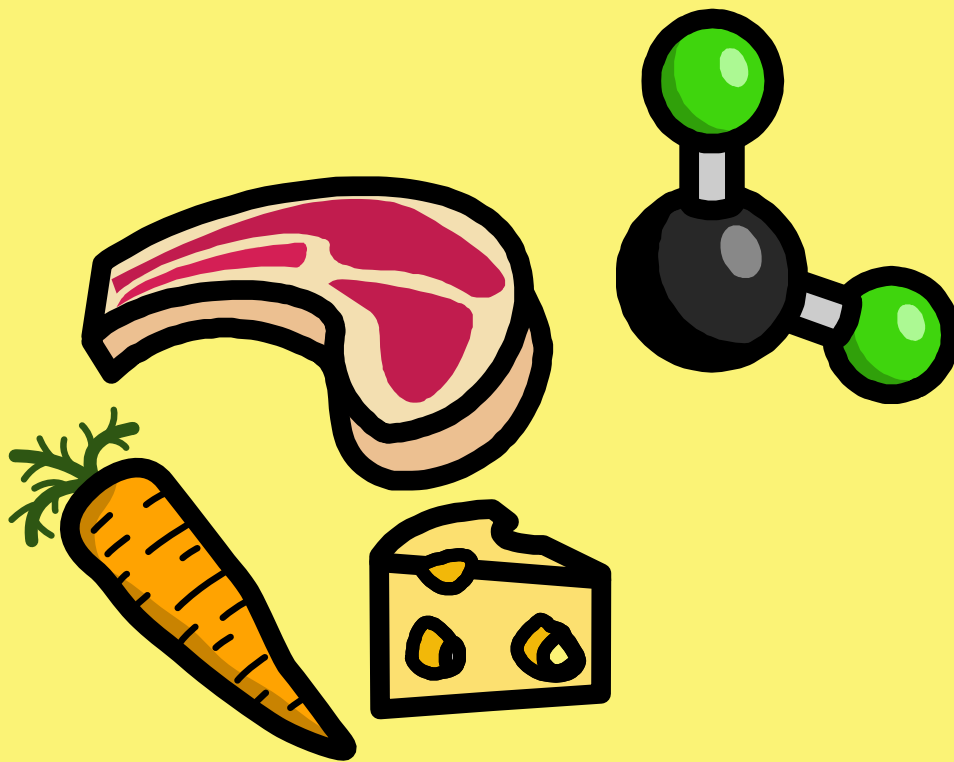


eat

and



drink too.



Bodies



get good things

from



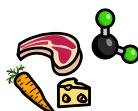
food and drink.



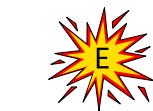
These good things

are

called nutrients.



People



get energy

from



eating

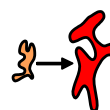
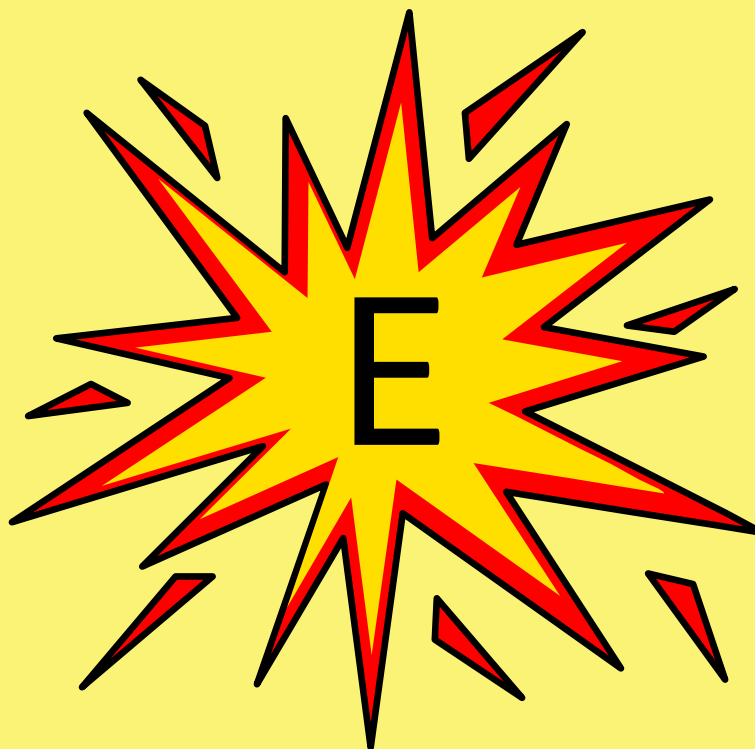
and



drinking.



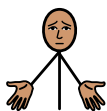
This is good.



Food and drink that is not used for energy in our body turns into



wee and poop.



Our body needs to get the wee and poop out



to keep us healthy.



It is good



to go to the toilet



to wee



or poop.



I could



show

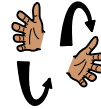


my toilet



symbol

or



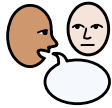
sign



'toilet.'



I could



say



"Toilet



please."



I could



go

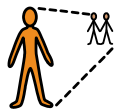
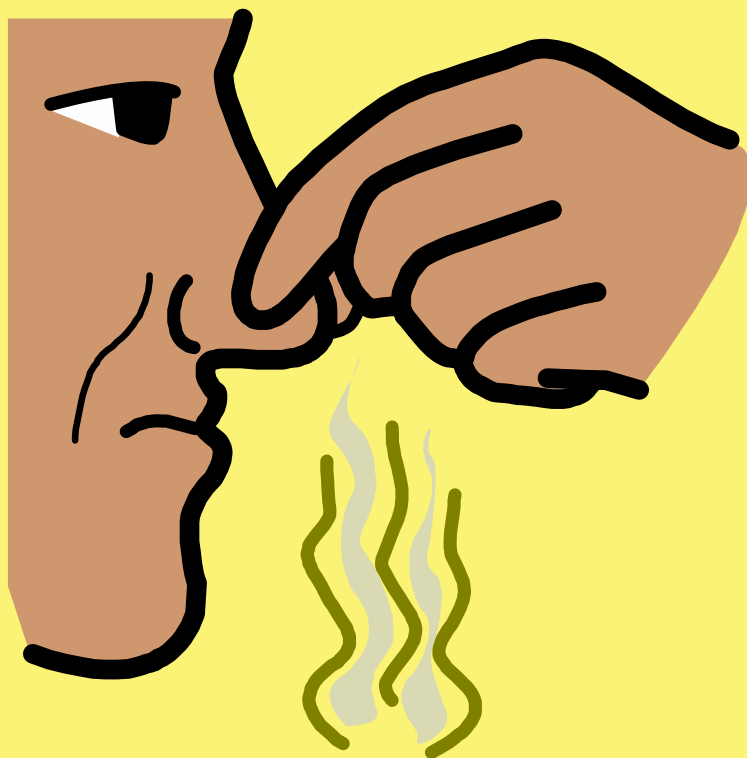


alone

or with a



grown up.



I can go to the toilet on my own or with an adult.



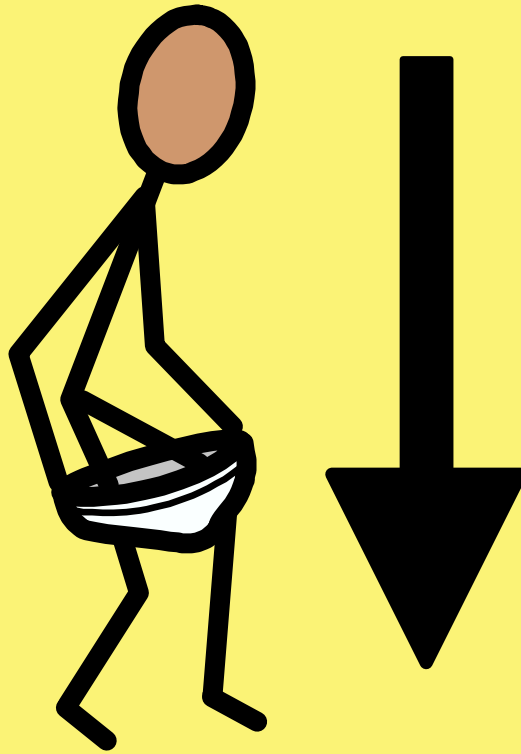
It might smell bad.



People might not like the smell.



This is okay.



I can



go



in the bathroom.



I can



pull down my pants.



I can



sit on or stand at the toilet.



I can try



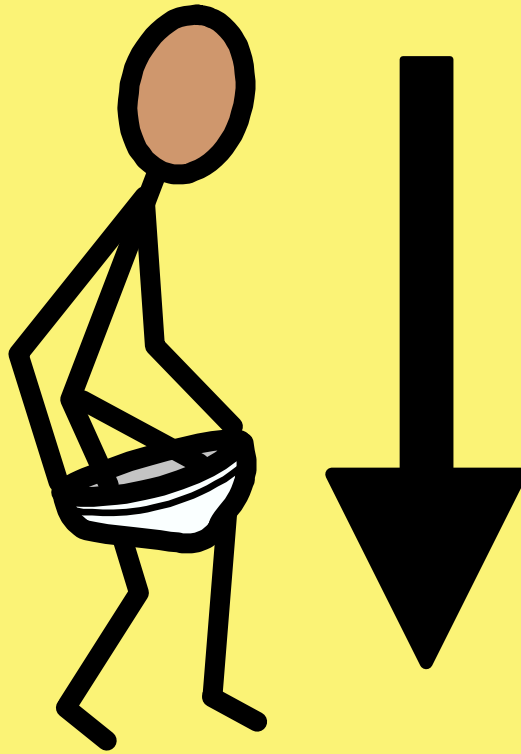
to wee

or



poop.





I can



go



in the bathroom.



I can



pull down my pants.



I can

stand at the toilet.

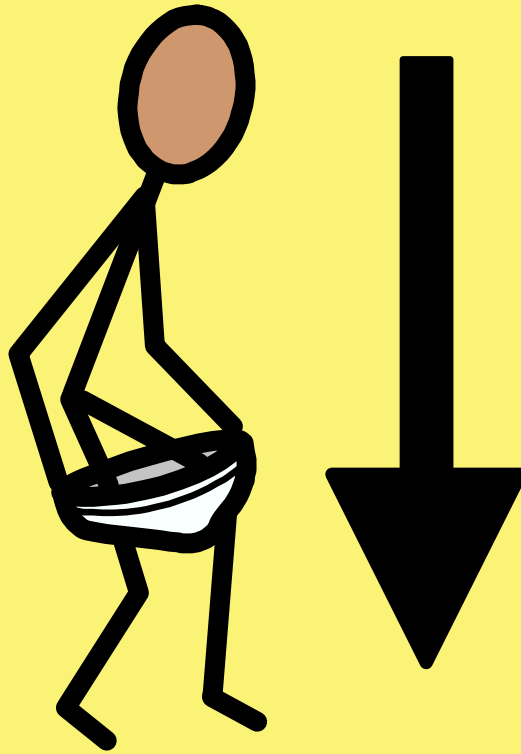


I can try

to



wee.



I can



go



in the bathroom.



I can



pull down my pants.



I can



sit on the toilet.



I can try

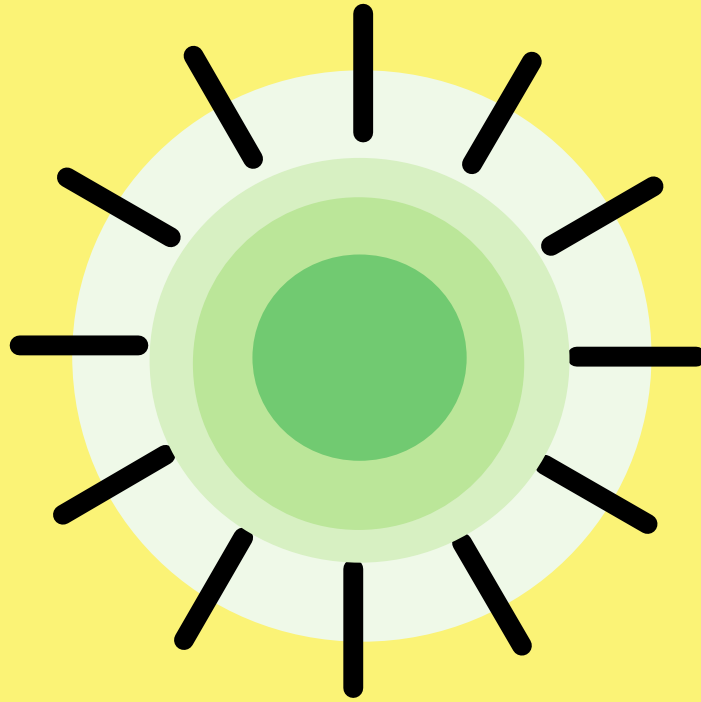




to wee




or

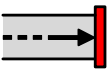




poop.



   
I might wee.

    
I might poop.

    
When I have finished I can try to wipe.

    
This is important and will keep me clean.



My adult



might help me



to wipe.



I can ask



them

to



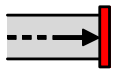
help me



wipe.



I will



finish



wiping.



I will



pull up my pants.



People



should



wash their hands



after



wiping.



People



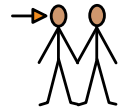
should



dry their hands



after



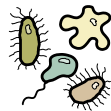
washing them.



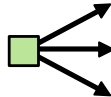
Clean hands



stop



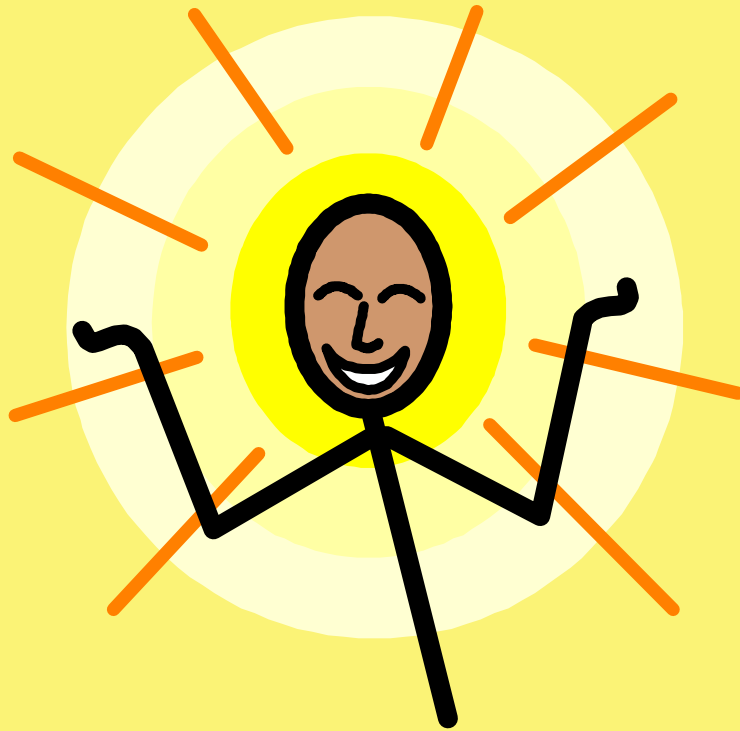
germs



spreading.



This is good.



I can



go to the toilet.



I can



wash my hands



after



using the toilet.



Well done



me!



Brilliant.