

Excerpt from

PROMOTING A HEALTHY BLADDER AND BOWEL

Appendix 1 - My story about going to the toilet



Reviewed 2024

Created by



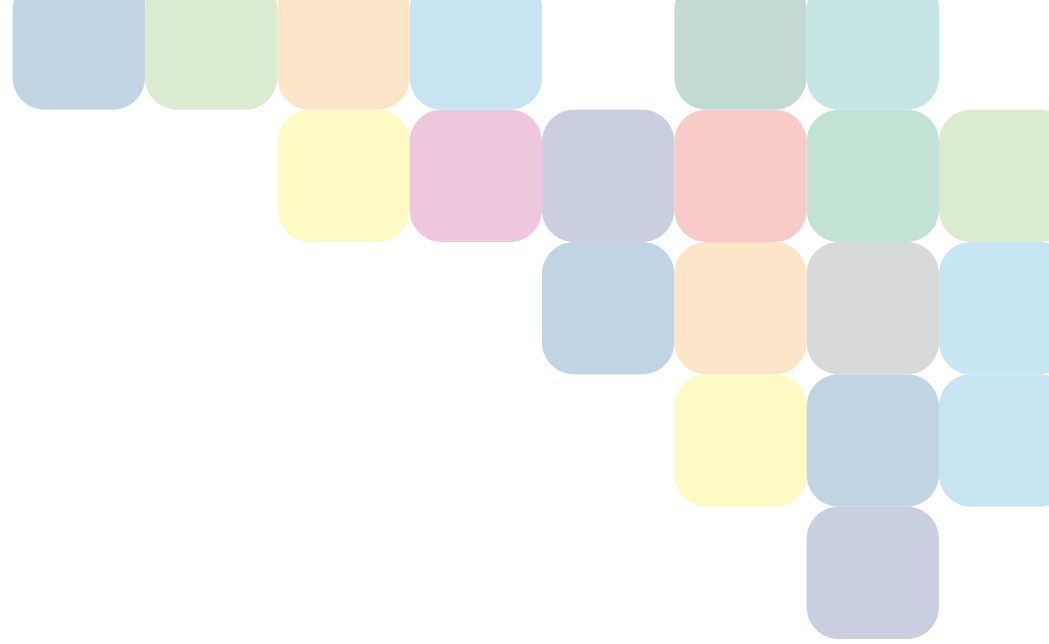
Contribution from

Paediatric Continence
Scotland



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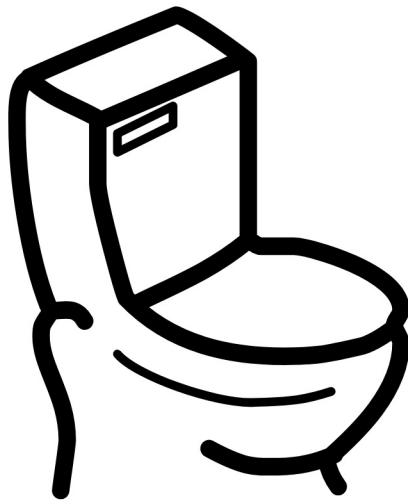


APPENDIX 1



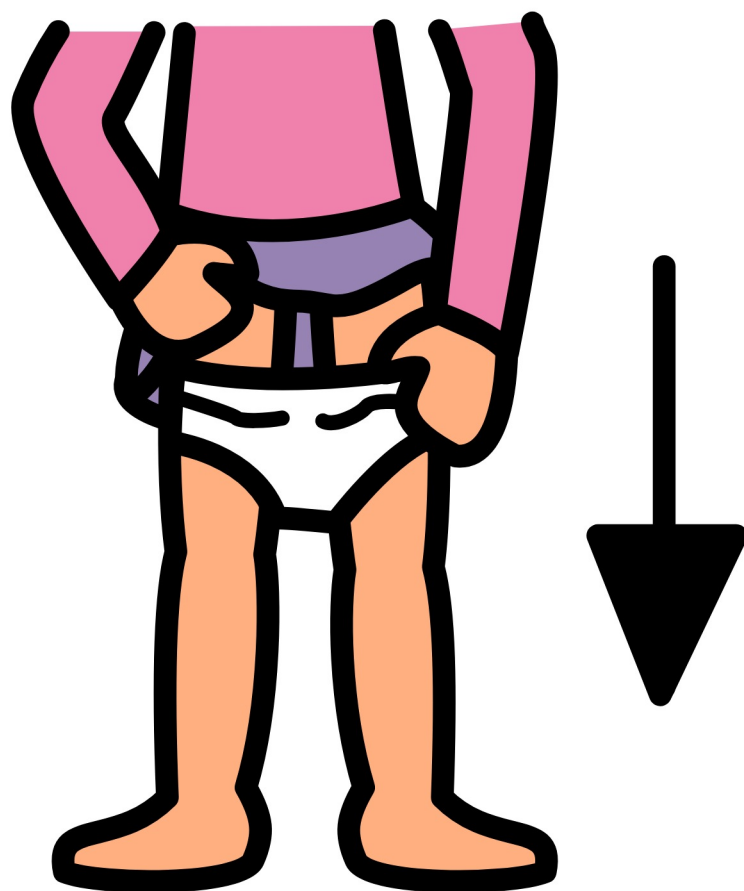
For girls

My story about going to the toilet



When I go to the toilet
I need to...

pull my
pants down



sit on
the toilet



do a pee in the
toilet



Sometimes I will
do a poo in the



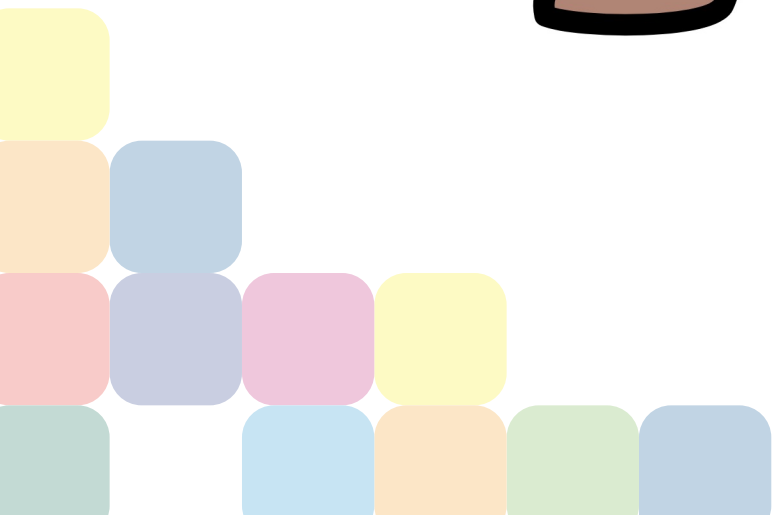
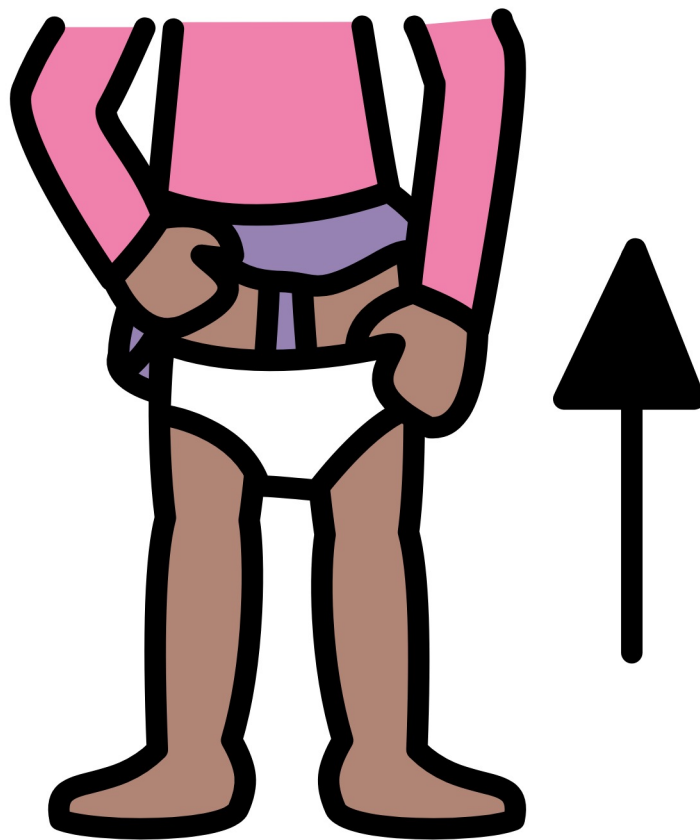
get toilet
paper



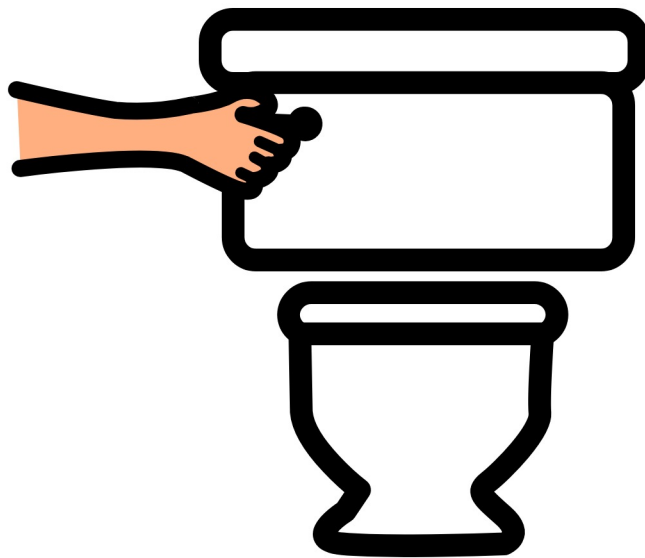
wipe my
bottom



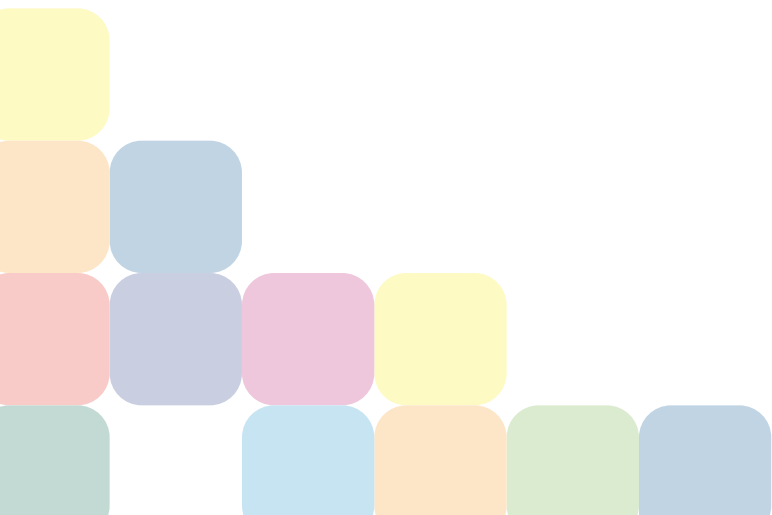
pull my pants
up



flush the
toilet



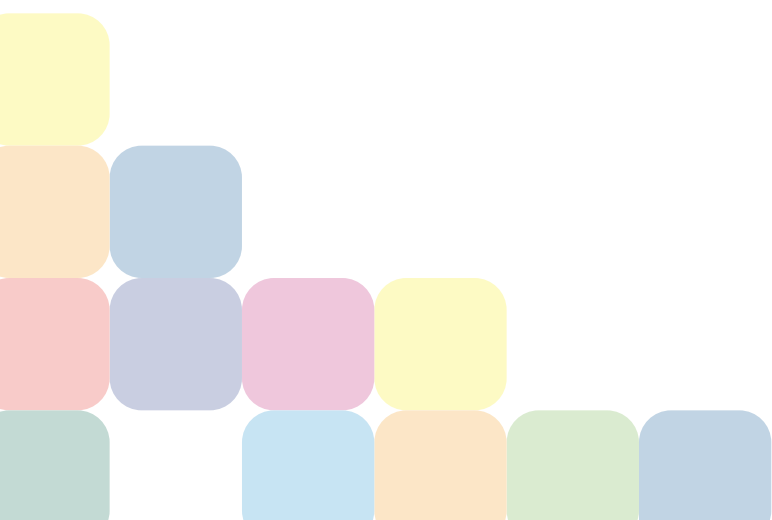
wash my
hands



dry my
hands

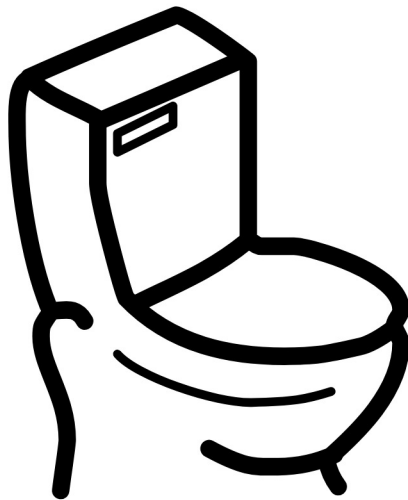


I am
finished



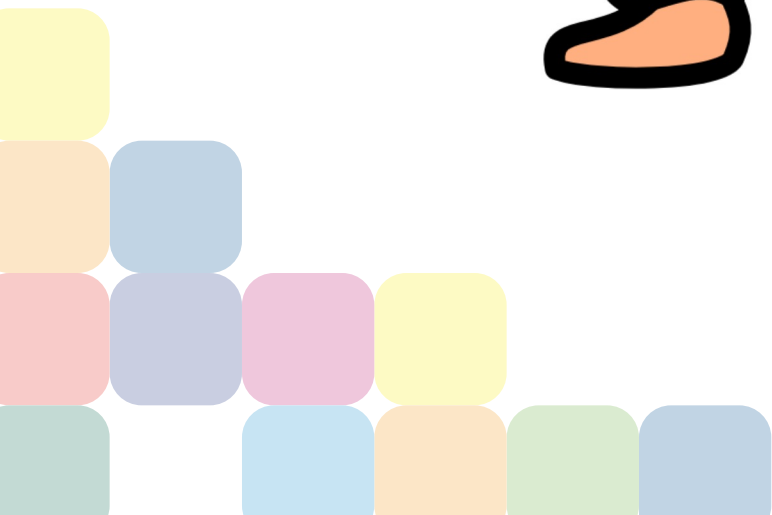
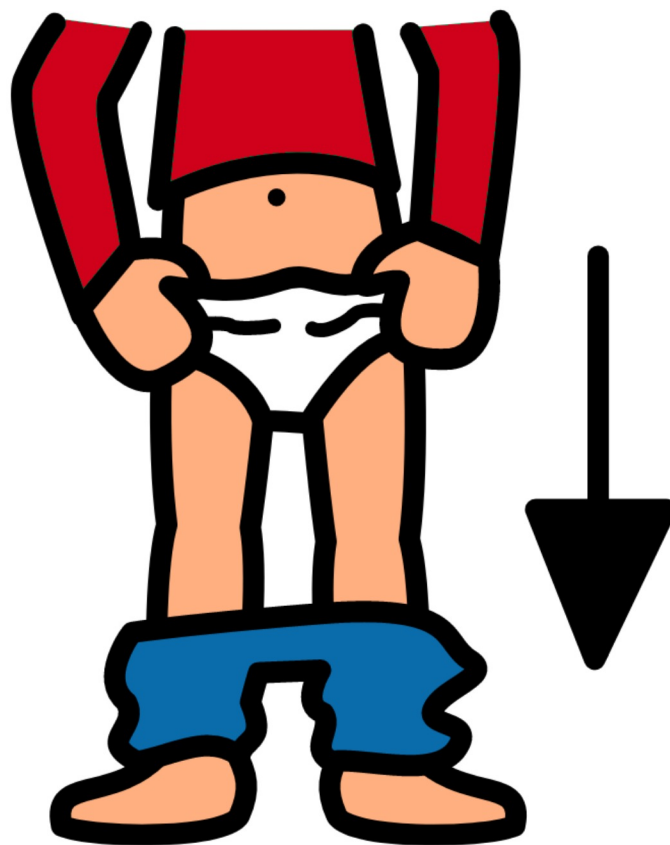
For boys

My story about going to the toilet



When I go to the toilet
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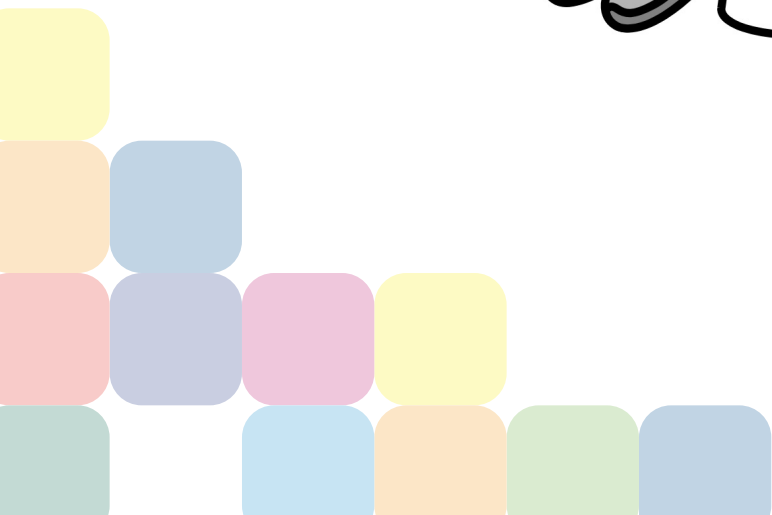
do a pee in the
toilet



Sometimes I will
do a poo in the



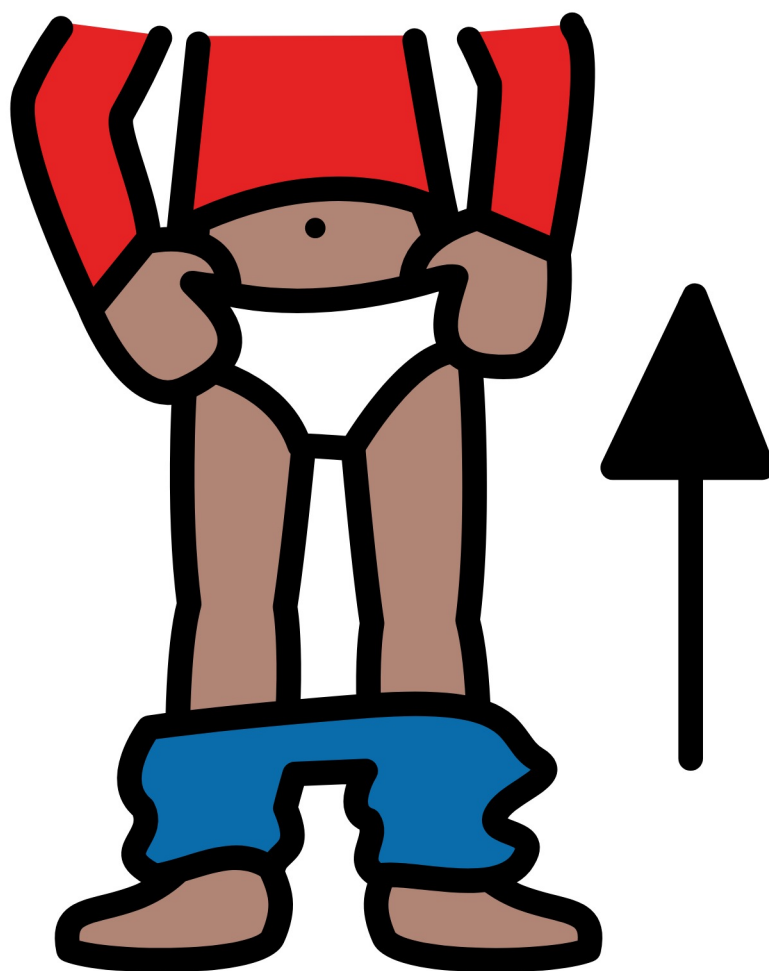
get toilet
paper



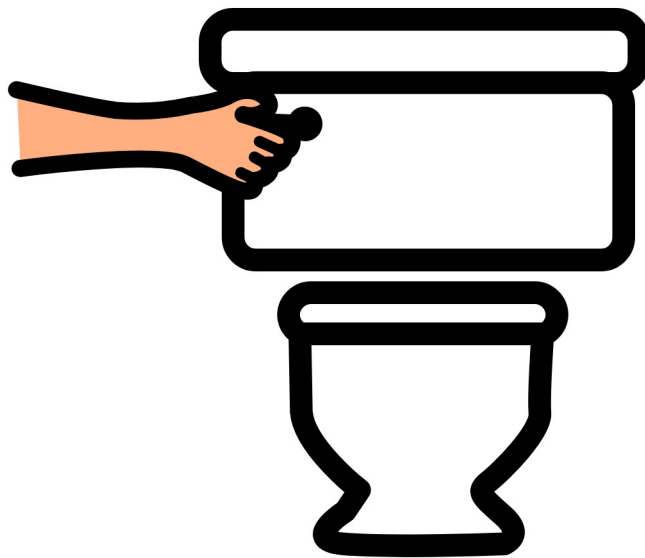
wipe my
bottom



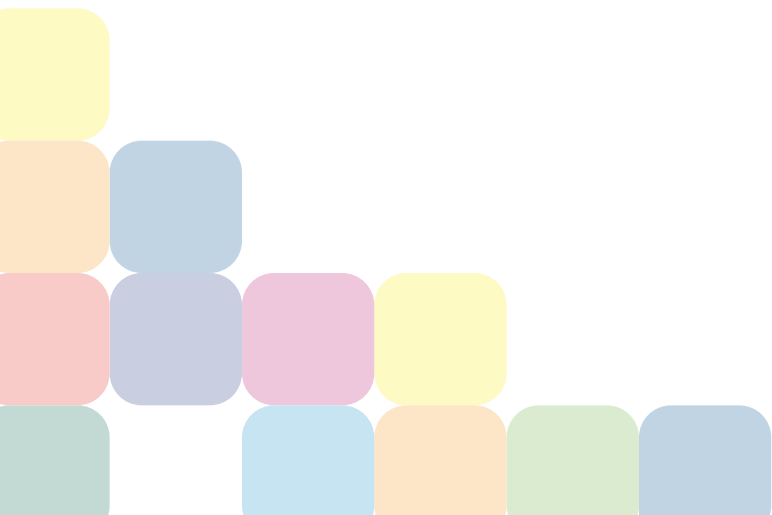
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flush the
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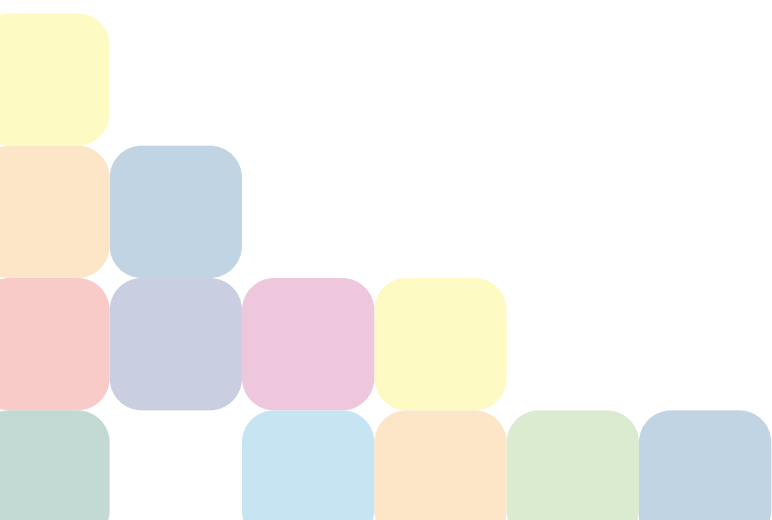
wash my
hands



dry my
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I am
finished





Approved: PHIG 2024

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