



I use the toilet properly.

When I have the urge to urinate or have a bowel movement, I should go to the bathroom. I shouldn't wait too long to use the toilet after I have the urge to go. Sometimes people say "pee" for urine and "poop" for a bowel movement.

1. The bathroom is a private place. When I use the toilet, I close the door
2. I pull down my pants or lift up my skirt. Then I pull down my underwear. Some boys unzip their pants, instead of pulling down their pants.
3. I always sit on the toilet when I need to have a bowel movement. I never stand on the toilet bowl. Girls sit on the toilet to urinate. Boys can choose to stand or sit when they have to urinate. I make sure that the urine or bowel movement does not get on the floor or wall.
4. When I am finished urinating or having a bowel movement, I wipe myself. I pull toilet tissue from the roll. After urinating, I should only use a few pieces of toilet tissue. After a bowel movement, I need more. I should use a little paper at a time until I see that I am clean. I need to make sure there is not too much in the toilet so it doesn't clog. I can flush in between wipes to prevent the toilet clogging. I lean forward and wipe between my legs. When I wipe, I always wipe from the front to the back. I don't throw towels or other objects into the toilet bowl.
5. After my genital and anal areas are clean, I pull up my underwear. I pull up my pants or straighten my skirt.
6. I always wash my hands completely after I use the toilet.

