

My Daily Helper

Pink Bunny & Friends

Using the Bathroom



**A Social Story About
Listening to My Body and Staying Clean**

I Notice My Body



My body gives me clues when I need the bathroom. I may feel pressure or fullness.

Ask Together

What clues does your body give?



I Tell Someone



I can tell a trusted grown-up, “I need the bathroom,” or use a picture.

Ask Together

Who can you tell?



I Go to the Bathroom



I stop my activity and walk to the bathroom.

Ask Together

Why is it helpful to go soon?



I Close the Door



I close the door when it is safe because bathroom time is private.

Ask Together

What does privacy mean?



I Use the Toilet



I use the toilet safely. I can ask for help with any step.

Ask Together

What can you do if you need help?



I Clean My Body



I use toilet paper to clean my body. A grown-up can help if needed.

Ask Together

Why is cleaning important?



I Flush



When I am finished and dressed, I flush the toilet.

Ask Together

What happens before flushing?



I Wash My Hands



I wash with soap and water to remove germs.

Ask Together

How do you wash your hands?



I Dry My Hands



I dry my clean hands with a towel or dryer.

Ask Together

What comes after washing?





I listened to my body, used the bathroom, and returned to my activity.

Ask Together

Which step are you proud of?

