

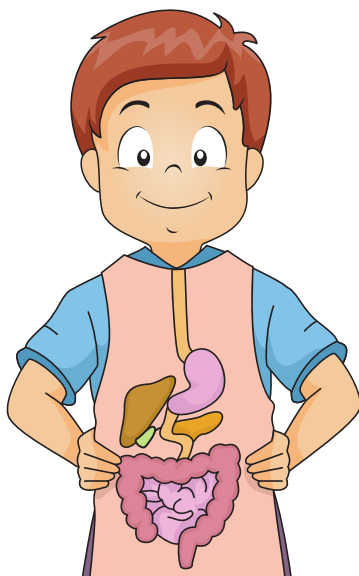
Using the toilet



My name is Jack and I live with my Daddy and our guinea pig Chocolate.

I like baked beans on toast and strawberry milkshake.

We eat to help us grow and keep us healthy and to run fast.



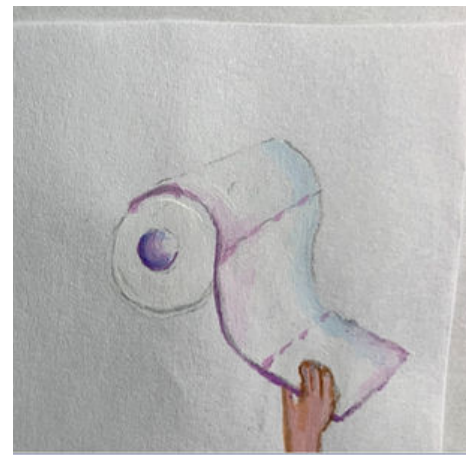
The food is absorbed from the tubes that go through our tummies, called bowels.

The food that is left over and we don't need comes out of our bottoms as poo.



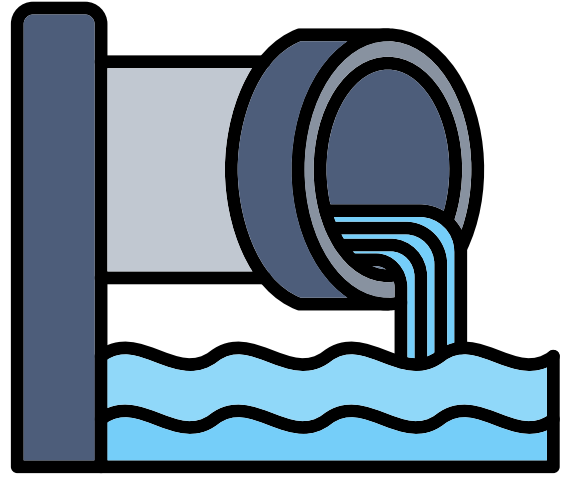
People learn to let go their poo in the toilet. This is clever.

After they poo, people wipe their bottoms with soft toilet paper, just enough to keep their bottoms clean. If there is a lot of poo I can ask a grown up to help me.



Most people need to do a poo every day, and afterwards they flush the toilet. The water comes in with a woosh.

The water takes the poo away and keeps the toilet clean. The poo goes down the toilet and along pipes to the sewage works where it is made nice.



After we poo we wash our hands and then we go and play.

Guinea pigs poo on the floor of their cage and don't need to wipe their bottoms.

This social story has been created by Dr Eve Fleming with illustrations by Lola for ERIC, the Children's Bowel & Bladder Charity