Learning to use the Potty (younger learners)

This social narrative is designed to support caregivers/professionals and others in filling in specific information within the blank areas. As with any social narrative, these are often most effective when written to meet individual needs and specific situations.

I am going to learn to pee and poop in the potty!

Right now, I wear a pull-up.

___________________ is going to teach me how to use the toilet. (Caregiver can fill in name of who will lead toilet training)

I am going to learn to wear new underwear!

On ____________________, I will start learning to use the potty.

___________________ will sit me on the potty when I get out of bed.

___________________ will set a timer to let me know how long I will sit on the potty.

I will try to pee or poop in the potty.

If I pee or poop on the potty, _____________________ will be so excited!!

She will give me a _____________________! (Caregiver can fill in reward chosen)

If I can’t pee or poo while sitting on the potty, that is okay.
Learning to use the Potty (younger learners)

When the timer goes off, I will get up from the potty and try again later.

I won’t need a pull up in the daytime anymore!

I am going to do fun things all day long while I am learning to use the potty.

I will be wearing my cool new underwear from now on!!

__________________ is going to sit me on the potty many times.

This is how I will learn to use the potty!

Each time I pee or poop in the potty, I will get _______________!!

When I pee or poop in the potty, ______________ will be really happy!

Learning to potty will be fun!!

When I pee or poop in the potty, I will be so proud of myself!
This social narrative is designed to support caregivers/professionals and others in filling in specific information within the blank areas. As with any social narrative, these are often most effective when written to meet individual needs and specific situations.

Learning to use the Potty
(modified version for young learners)

I am going to learn to pee and poop in the potty!

______________ is going to teach me to use the potty. (Caregiver can fill in name of who will lead toilet training)

I am going to wear underwear!

On ________________, I will start using the potty.

______________ will sit me on the potty when I get out of bed.

______________ will set a timer so I know how long I will sit.

I will try to pee or poop in the potty.

If I pee or poop on the potty, ______________ will give me ______________!!
Learning to use the Potty (modified version for young learners)

Fold page here to follow along

If I can’t pee or poo while sitting on the potty, that is okay.

When I use the potty, I will be so proud of myself!

When the timer goes off, I will get up from the potty and try again later.

Each time I use the potty, I will get ____________!!

____________ is going to sit me on the potty many times.

Learning to potty will be fun!!

When I use the potty, ______________ will be really happy!
Learning to use the Potty (older learners)

This social narrative is designed to support caregivers/professionals and others in filling in specific information within the blank areas. As with any social narrative, these are often most effective when written to meet individual needs and specific situations.

I am going to learn to pee and poop in the toilet!

Right now, I wear a pull-up.

_________________ is going to teach me how to use the toilet. (Caregiver can fill in name of who will lead toilet training)

I am going to learn to wear new underwear!

On ____________, I will start learning to use the toilet.

_________________ will bring me to sit my on the toilet when I get out of bed.

_________________ will set a timer to let me know how long I will sit on the toilet.

I will try to pee or poop in the toilet.

If I pee or poop on the toilet, ________________ will be so excited!!

_________________ will give me a _________________! (Caregiver can fill in reward chosen)

If I can’t pee or poo while sitting on the toilet, that is okay.
When the timer goes off, I will get up from the toilet and try again later.

I won’t need a pull-up in the daytime anymore!

I am going to do fun things all day long while I am learning to use the toilet.

I may still wear a pull-up at nighttime.

___________ is going to bring me to sit me on the toilet many times.

This is how I will learn to use the toilet!

I will be wearing my cool new underwear from now on!!

When I pee or poop in the toilet, _____________ will be really happy!

Each time I pee or poop in the toilet, I will get ________________!!

I will be so proud of myself!

Learning to toilet will be fun!!