



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.*

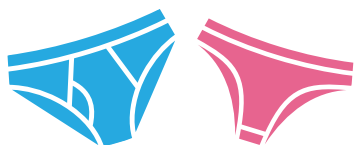


I am going to learn
to pee and poop in
the potty!



Right now, I wear a
pull-up.

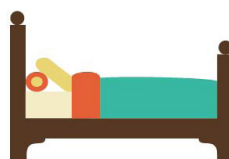
_____ is going to teach
me how to use the toilet. *(Caregiver can fill
in name of who will lead toilet training)*



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 poop
while sitting on the
potty, that is okay.

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



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

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

This is how I will learn to use the potty!



When I pee or poop in the potty,

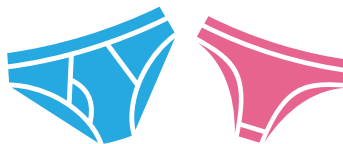
_____ will be really happy!



When I pee or poop in the potty, I will be so proud of myself!



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



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



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

_____!!



Learning to potty will be fun!!

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Autism Society
of North Carolina

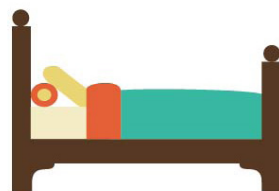
Learning to use the Potty

(modified version for young learners)

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



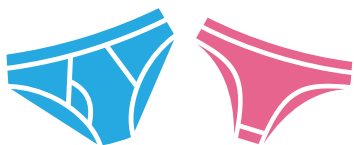
_____ will sit me on the
potty when I get
out of bed.

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



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

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I am going to wear
underwear!

I will try to pee or poop in the potty.



On _____
I will start using
the potty.



If I pee or poop on the
potty, _____
will give me _____ !!

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



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



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

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



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



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



Learning to potty
will be fun!!



When I use
the potty,
_____ will be really happy!

Fold page here to follow along



Learning to use the Potty (older learners)

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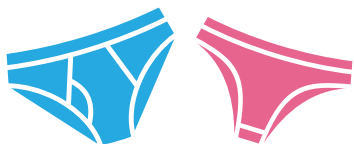


I am going to learn to pee and poop in the toilet!



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)*

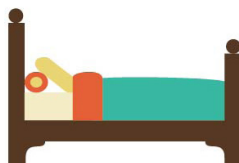


I am going to learn to wear new underwear!



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!!

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



If I can't pee or poop while sitting on the toilet, that is okay.

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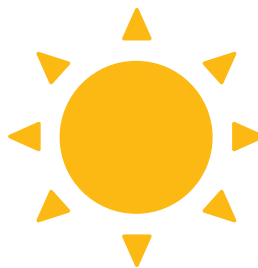
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When the timer goes off, I will get up from the toilet and try again later.



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



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



I may still wear a pull-up at nighttime.



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 _____!!



When I pee or poop in the toilet, I will be so proud of myself!



Learning to toilet will be fun!!

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