

Using the Toilet

A free printable social story for ages 2-6

Toilet training takes longer for many children with developmental delays, and a predictable narrative reduces fear of the process itself. This story covers the full sequence, including the loud flush that worries many toddlers. Read it at consistent times, such as before scheduled potty sits.

My body tells me when it is time to use the toilet.

I might feel a wiggle or a full feeling in my tummy.

When I feel it, I can say, "I need the potty," or walk to the bathroom.

I pull down my pants and underwear and sit on the toilet.

I can sit and relax. Sometimes it takes a minute.

Pee and poop go in the toilet. That is where they belong.

When I am done, I wipe with toilet paper.

Then I pull up my underwear and pants.

I flush the toilet. The flush means all done.

If the flush sounds loud, I can cover my ears or step back first.

Last, I wash my hands with soap and water.

Accidents can happen while I am learning. Grown-ups help me, and that is okay.

Every day, I am learning to use the toilet like a big kid.

Tips for Reading This Story Together

- Use the exact same words for body signals and steps every time; changing vocabulary mid-training confuses the sequence.
- Schedule regular potty sits (after meals and before transitions) rather than waiting for your child to announce the need.
- Keep sits short and pleasant, two to five minutes with a book, and never punish accidents.
- A footstool matters more than people think: feet flat on a surface helps children relax enough to go.

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