

# Section 1

## Me and my body

Of all the matters parents and teachers have to deal with, this is the area that crops up most often. Some children cling on to habits from their infancy right into teenage years. Some children's bodies are not coordinated with their brain well enough in order to take preventive action. Some do things just because they like the sensation. And most are not aware of the effect of their behaviour on other people.

One message comes across very clearly – school and public toilets are a scary place for many children!

It is easiest to let the body do what it wants. The trick is to get the brain to take control of the body instead of the other way round. The story will help to put the brain in control. Just telling the child doesn't do the trick and seeing it in writing, and repeating it as often as necessary, will help to put in place a new routine. **“Think – then do”**.

### The stories in this section are:

1. Smelly pants
2. Wiping my bottom
3. I like to feel safe in the toilet
4. When I go to the toilet
5. I get worried about going to the toilet
6. Taking my clothes off
7. I used to like sucking my thumb
8. Spitting at people is wrong
9. I sneeze a lot!
10. Making noises with my body upsets people
11. Why do I have to keep clean and tidy?
12. When is it OK to touch my body?

### Further reading

Eric Schopler (1995) *Parent Survival Manual*. London: Springer.

Christy Gast and Jane Grug (2007) *Caring for Myself: A Social Skills Story Book*. London: Jessica Kingsley.

“We Can Do It: Helping children who have learning disabilities with bowel and bladder management”. Enuresis Resource Information Centre. [www.eric.org.uk](http://www.eric.org.uk)

# Smelly Pants!

Every day I go to the toilet for a wee or a poo.

I can do this by myself.

But sometimes I might be busy doing something, like watching my favourite DVD or playing Super Mario.

Then I forget to go to the toilet, and I do it in my pants.

I get wet pants, and sometime the sofa, or the bed, or the carpet gets messed up.

Then my mum has to clean it up.

This is not nice for her.

It makes the house smell bad.

It upsets everyone.

This is what my mum says will happen.

1. When I make a mess I will clean it up myself
2. I will lost points in the reward chart
3. When I remember to go to the toilet I will get more points
4. My reward will be.....
5. Sometimes if I have been very good all week, I will get a big treat, like.....

I will try to remember to go to the toilet.

I will try not to mess my pants.

This will be better for me and Mum.

I will try to think about her feelings.

# Wiping My Bottom

When I was a little boy my mum used to help me to wipe my bottom. It's hard for little boys to wipe their own bottom. But it is easy for big boys to do it.

I don't like wiping my bottom, because I am afraid I might get poo on my hands.

Sometimes I wait too long before going to the toilet. Then I mess my pants and it smells horrible.

My mum will give me some disposable gloves to use when I wipe my bottom. Then I will not have to touch the poo.

I will try to go to the toilet when I need to at school and at home.

I will put on the gloves before I touch the toilet paper.

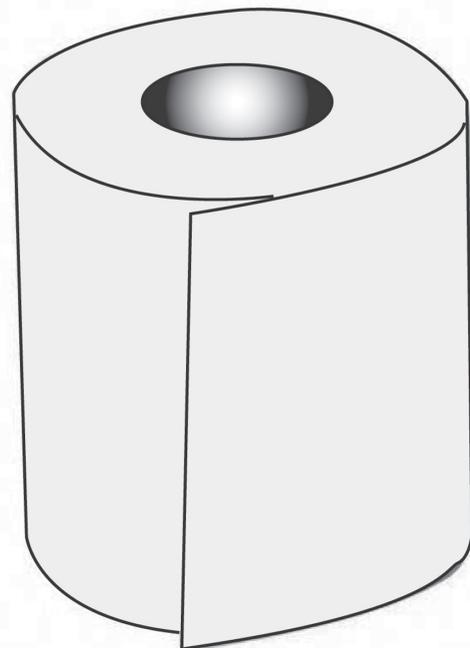
Then I will not get poo on my hands.

I will flush the toilet.

I will throw away the gloves afterwards.

This will please my mum and dad.

We will all feel a lot happier.



# I Like to Feel Safe in the Toilet

When I go to the toilet I like to feel safe.  
I feel safe at home, so I like to go to the toilet in my house.

I like to wear a nappy when I go to the toilet.  
This makes extra work for my mum.  
She is worried about this.

Mum wishes I could go to the toilet without a nappy.  
If I go to the toilet without a nappy, then I could also go to the toilet  
in school.

If I do this then mum will not be worried. She will be very happy.  
The teachers will also stop being worried.

I will try to go to the toilet without a nappy.  
Then I will try to go to the toilet in school.

I will try to make my mum happy.



# When I Go To the Toilet

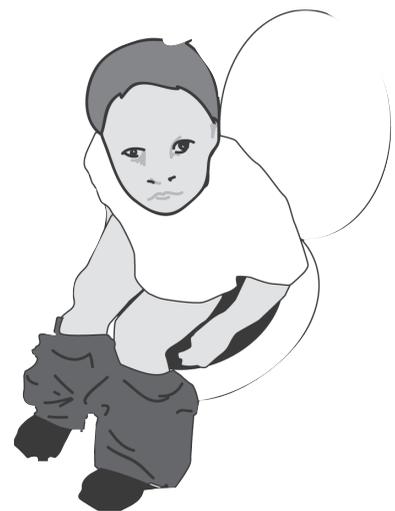
Every day I go to the toilet. Sometimes I want to go at home, and sometimes at school.

I like to take my clothes off in the toilet at home.  
But if I do that at school people might laugh at me.

Small children sometimes take their clothes off, but now I am older, I only need to pull my trousers and underpants down.

When I go to the toilet at home or at school, this is what I will do.

1. Go into the toilet or bathroom.
2. Close the door.
3. Take my trousers and underpants down below my knees.
4. Sit on the toilet.
5. Do a poo or a wee.
6. Wipe my bottom with toilet paper.
7. Drop it in the toilet.
8. Pull up my trousers and underpants, pull up the zip, tuck my shirt in.
9. Flush the toilet once.
10. Wash my hands with soap and water in the sink.
11. Dry my hands with the towel, or a paper towel.
12. Put the paper towel in the bin.
13. Go back to my lesson or my activity.



# I Get Worried About Going To the Toilet

Sometimes I feel I want to go to the toilet in the middle of a lesson.

I can usually wait until the end of the lesson.

But lots of people go to the toilet in between lessons and it gets very noisy and busy in there.

I like to go by myself, when no-one is around.

It is OK to go to the toilet in the middle of a lesson, if I feel

I need to go.

This is what I have to do.

I can put my hand up. The teacher will speak to me.

I can say, "Please can I go to the toilet?"

The teacher will usually say yes.

Then I will go to the toilet by myself.

It will be quiet and I will feel safe.

When I go to my new school I can also do this.

It will be OK.



# Taking My Clothes Off

Every week in school we do PE or games.  
We have to change our clothes to do this.

Every day at home we change our clothes too,  
when we have a bath or shower, or go to bed.

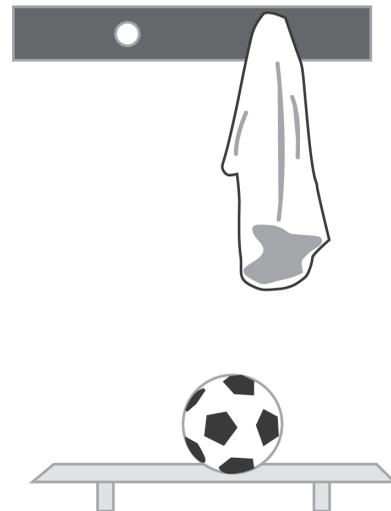
When I am at home I can go all over the house wearing  
very few clothes. Sometimes I wear no clothes.

This is OK because my parents are used to seeing my body,  
since I was baby.

Other people may not like to see me like this.  
They can be embarrassed.

Brothers or sisters or visitors can be embarrassed.  
It makes them feel awkward or uncomfortable.

When I get undressed at school, lots of children may be  
embarrassed if I take my clothes off and run around.  
I will try not to run around with no clothes on.  
I will try not to embarrass my friends or family.



# I Used to Like Sucking My Thumb

When we are little children, sometimes we suck our thumb.

This is a comforting habit.

It reminds us of the time when we were babies, and used to suck a teat to get milk.

Now I am older, if I suck my thumb, other children might think I am like a baby.

Some of them get embarrassed.

Some like to make fun of it.

If I twiddle some Blutak when I am concentrating, this also makes me feel comfortable.

When I am concentrating I will try to remember not to suck my thumb.

I will twiddle some Blutak instead.

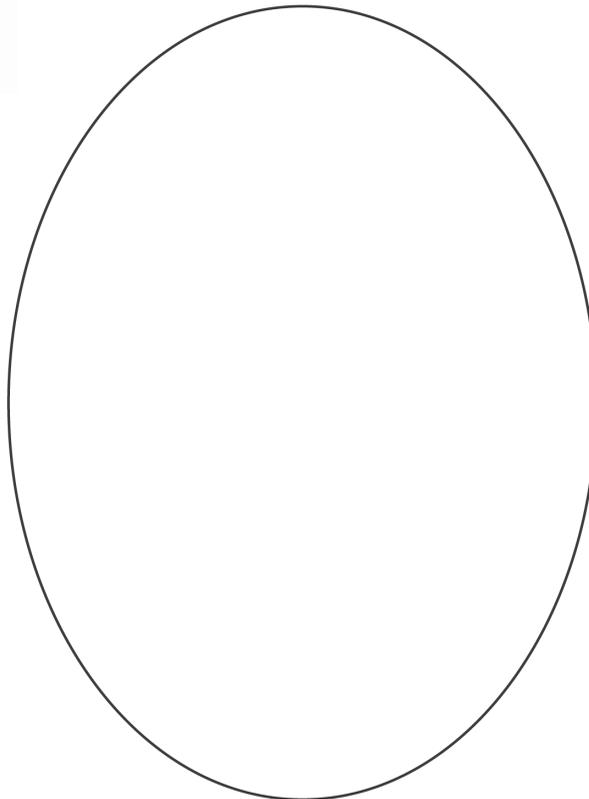
Then nobody will be embarrassed.

Nobody will call me a baby.

Picture of me sucking my thumb:



**Me**



# Spitting At People Is Wrong

Inside our bodies there are some liquids.

Snot comes out of my nose.

Spit comes out of my mouth.

Wee comes out of my penis

People feel bad when they see these  
liquids coming out.

It makes them go,  
“Uuuuuurrrrrgh!”

All these liquids contain germs.

Germs are very tiny organisms too  
small for us to see.

Germs make us poorly.

If my germs touch someone that  
person may get poorly.

If I spit at someone they may catch  
my germs.

This may make them poorly.

Teachers will be cross with me.

I will try not to spit at people.

Then they will not feel bad.

They will not catch my germs and  
get poorly. My teacher will  
be pleased with me.



# I Sneeze A Lot!

Sometimes when I sneeze a lot of stuff  
comes out of my nose.

It goes all over my face and clothes.  
I feel embarrassed.



I keep a tissue in my pocket.  
I use it to wipe up the stuff.

Usually I can tell if I am going  
to sneeze.

I feel a tickle in my nose or  
my throat.

If I think I am going to  
sneeze, I will try to get  
my tissue out before it  
happens I will hold it over  
my nose.

Then the stuff will go into  
it, and not over my face.

I will throw the tissue in the  
bin, and put another one in  
my pocket. Then I won't  
be embarrassed.



# Making Noises With My Body Upsets People

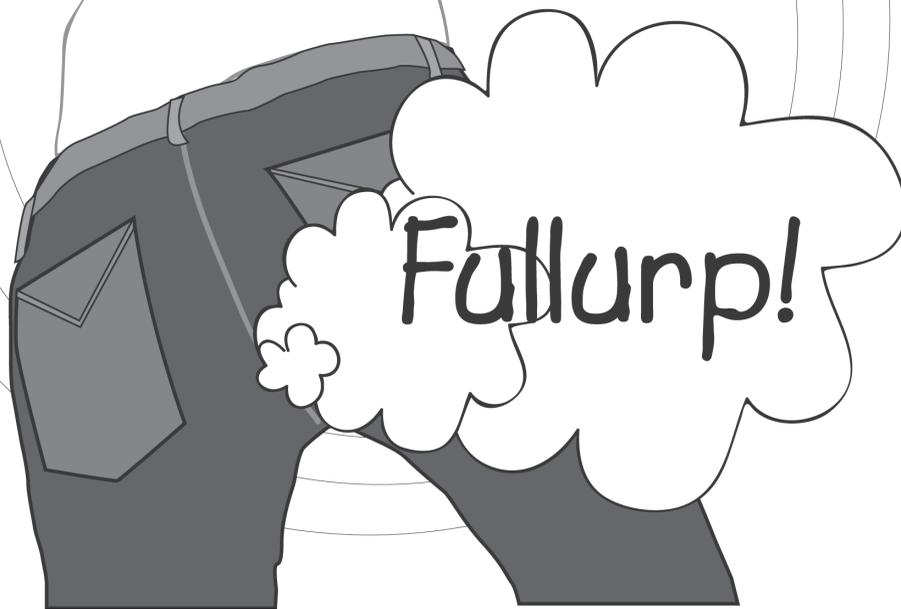
We can make noises caused by wind in our stomach.  
We can make noises with our mouth and our bottom.  
Everyone does this sometimes.

Noises with our mouth are called burping or belching.  
Noises with our bottom are called breaking wind, farting or pooping.

Some people think this is very funny.  
But lots of people think it is not funny.  
It makes them feel uncomfortable because of the bad smell.

So when there are people about we try not to do it.  
Then most people will feel OK.

I will try to do it only when I am alone.  
I will not fart or burp in the classroom.  
Then I will not upset anyone.



# Why Do I Have To Keep Clean and Tidy?

When I am alone I can wear anything I like.  
I don't have to wash or comb my hair.

But when I am with other people I have to do things differently.

If I don't wash I will look dirty and smell awful.  
If I don't brush my teeth my breath will smell bad.  
If I don't comb my hair I will look scruffy.  
If I wear dirty clothes I may smell and look scruffy.  
People might get upset or feel sick.

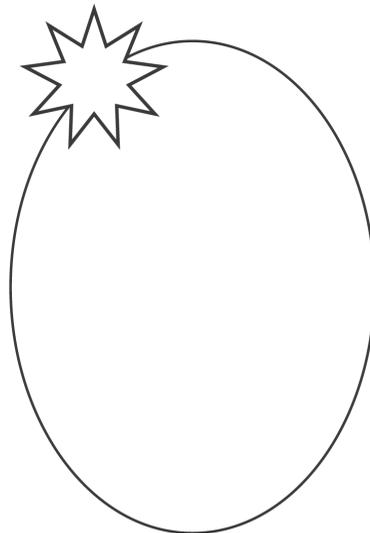
When we go to school we keep clean and not scruffy.  
This makes everyone feel comfortable.

I will try to remember to wash myself, brush my teeth and keep my clothes clean and tidy.  
Then everyone will feel comfortable around me.

This is me looking scruffy.



This is me looking clean and tidy.



# When Is It OK To My Body?

Sometimes I like to rub my private parts between my legs.  
This gives me a good feeling.  
Everybody does this now and then. This is normal.

But some people think it is rude, or wrong.  
Some people feel embarrassed if they see me doing it.  
They may laugh or make fun of me.

I will try not to embarrass people in school.  
I will remember – private parts are for private places.

I will only do this when I am alone.



