

...about a sensitive, common personal experience

Easy Pooping

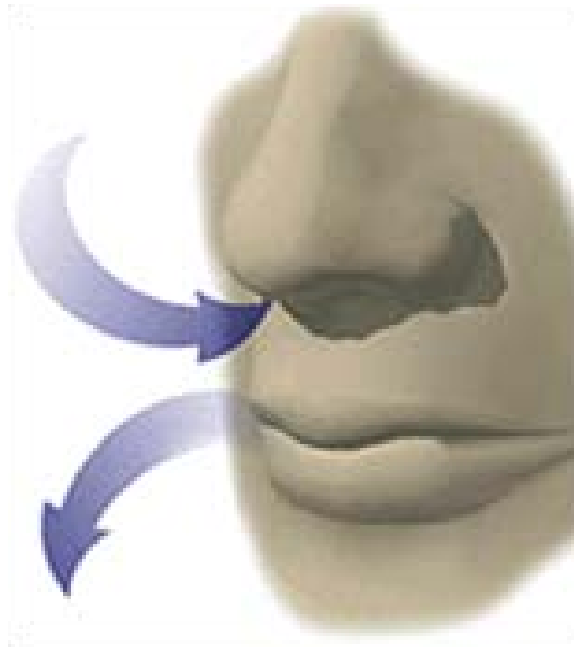


I am a human. I have a human body.

- There are many humans.
- Every single human in the world does some of the same things.
- I do these things too.



Every human breathes.



Every human sleeps.



Every human eats.



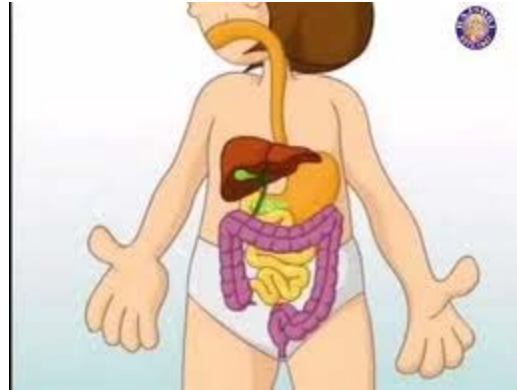
Every human uses the food
to make energy.



Every human gets rid of the part of the food their body doesn't use.



The Digestive System

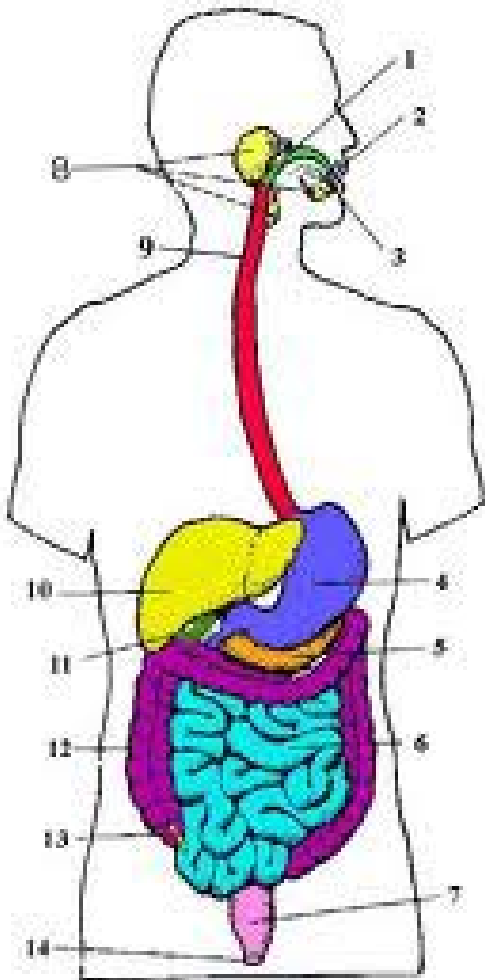


- The part of our body that
 - takes food in,
 - uses the food
 - gets rid of the leftover food stuffis the digestive system.
- The digestive system goes from the mouth to the anus.

WARNING!

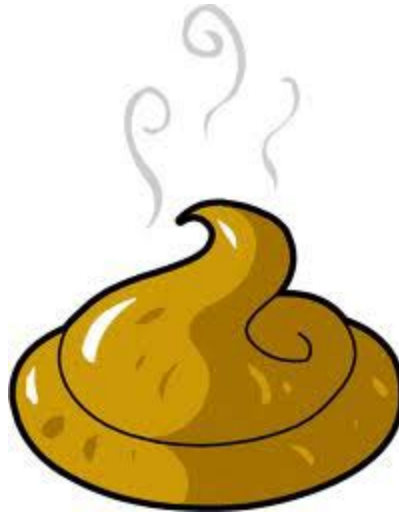
Anus is the proper word but people often use other words instead of anus. It is usually a good idea to call the anus a 'bottom' or 'rear end'. Some people use the word 'butt' but this might be a mistake. That word sometimes makes other people uncomfortable or angry.

I use my digestive system all the time.



- I eat food every day.
- My body uses the energy from food all day long.
- My body collects leftover food stuff.

What is the leftover food stuff?



- Some people call this 'waste' or 'stool'. Some people call this 'poo' or 'poop'.
- What does my family call it?

WARNING! Some people use the word 'shit' but this might be a mistake. That word often makes people angry or uncomfortable.

Bowels

- My poop collects in an area of my digestive system called the 'bowels'.
- When enough of the poop collects in my bowels, my body needs to move it out.
- When my bowels move the poop out, I have a 'bowel movement' or I 'go poop'.



Every human poops. People have **feelings** about pooping.



Feelings about Pooping

- Many people feel that pooping is a private topic and not something to talk about.
- Some people think that poop is very funny!
 - There are many poop jokes.
- Usually family members, doctors and nurses talk seriously about pooping.



Some people poop easily every day.

- These people sit on the toilet, grunt, and push down and the poop quickly slides out into the toilet.



Some people need to sit on the toilet for a longer time.

- These people often read a book, listen to music and relax on the toilet. Sometimes, they like to sit in the dark.
- They wait for the urge to grunt and bowels to move.
- These people take a longer time but eventually the bowels will move the poop into the toilet.



Some people have **trouble pooping**.








- Some people don't like the feeling of the bowels moving the poop out of the body into the toilet.
- Sometimes it might feel uncomfortable.
- Sometimes the poop is hard.
- Sometimes the bowels push very hard and it feels a little scary.



Types of Poop



Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Pooping Problems



- Sometimes people try to hold poop in their body to avoid the uncomfortable feelings.
 - It is a mistake. My bowels need to move the poop out to make room for more food and energy.
- Sometimes people poop in their pants.
 - It is a mistake. It is messy. It is better to let the poop out into the toilet.



Poop Talk

- If I am feeling a little uncomfortable, nervous or scared about pooping, I can talk to my family about this.



Easy Pooping

- There are things that I can do to make it OK to poop in the toilet easily.
 - I can eat foods that help my poop stay softer.
 - There are medicines that can help my body be more comfortable.
 - There are many different things I can learn about to help my bowels move the poop out successfully.



I can poop easily.

- I am a smart person who understands about the digestive system.
- I am learning how to talk about poop.
- I can figure out how to be comfortable, healthy and poop in the toilet.



The End!



A generic social story developed by
Kim Singleton, MS, CCC-SLP
www.KimSingleton.com
Email: Kim@KimSingleton.com

Questions or comments?
Please contact me!