

Using the toilet

One step at a time. The number shows the order.



1



Go into the toilet

Close the door.



2



Lift the lid

Lid up, seat down.



3



Pull down trousers

Down to the knees is enough.



4



Sit down

Wee or poo at a calm pace.



5



Wipe

With paper, front to back.



6



Pull up trousers

And clothes back in place.



7



Flush

Lid down first.



8



Wash hands

With soap and water.

The same order every time often makes it easier.