



I Can Use a Public Bathroom!



There are times when I am not home and I need to use the bathroom. Public bathrooms may look different than the one I use at home. I can use the restroom just like I do at home!



Sometimes there are lines to get into the bathroom.  
I need to wait my turn before I can go.



Using a public bathroom can be scary because there might be loud noises like hand dryers and toilets flushing at the same time.



I like using the bathroom at home, but there are times that I will need to use a public bathroom even if it's a little scary. But mom or dad will be with me to help keep me safe.



If the noises are too loud, I can cover my ears with my hands or use headphones to block out some of the noise.



I can also sing my favorite song like "Wheels on The Bus" while I use the bathroom. This might help make the public bathroom less scary.



Yes, I Can!

Using a public bathroom can be scary.  
I will practice and soon I won't be scared any more.  
I can do it!