

How To Use the Potty Stool

What is a potty stool?

A potty stool wraps around your toilet and helps put your body in a better position to have a bowel movement (poop).

How do I use the potty stool?

1. Put the potty stool as close to the toilet as possible.
2. Have your child sit down on the toilet and pull the potty stool out.
3. Have your child rest their feet on the stool. This squatting position will help your child feel comfortable.
4. Ask your child to lean forward and rest their elbows on their legs. This position relaxes the muscles that help hold in your poop. This muscle relaxes when you squat, and your poop comes out easier.
5. Ask your child to sit on the toilet for a few minutes to make sure they have finished having a bowel movement.
6. After wiping and before getting up, push the stool back under the toilet and leave it there for next time. All done!



Photo source: Squatty Potty

Please take this potty stool home, it is yours to keep. A potty stool can help anyone have a bowel movement!