

An illustration of a toilet with a brown seat and a light blue bowl. A piece of white paper with a torn edge is placed against the toilet seat. The paper has the text 'MARTA' in bold black letters on the top line and 'against the toilet' in bold black letters on the bottom line. In the center of the toilet bowl, there is a brown, textured shape resembling a piece of feces.

MARTA
against the toilet

Credits

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ISBN: 978-84-09-64555-8

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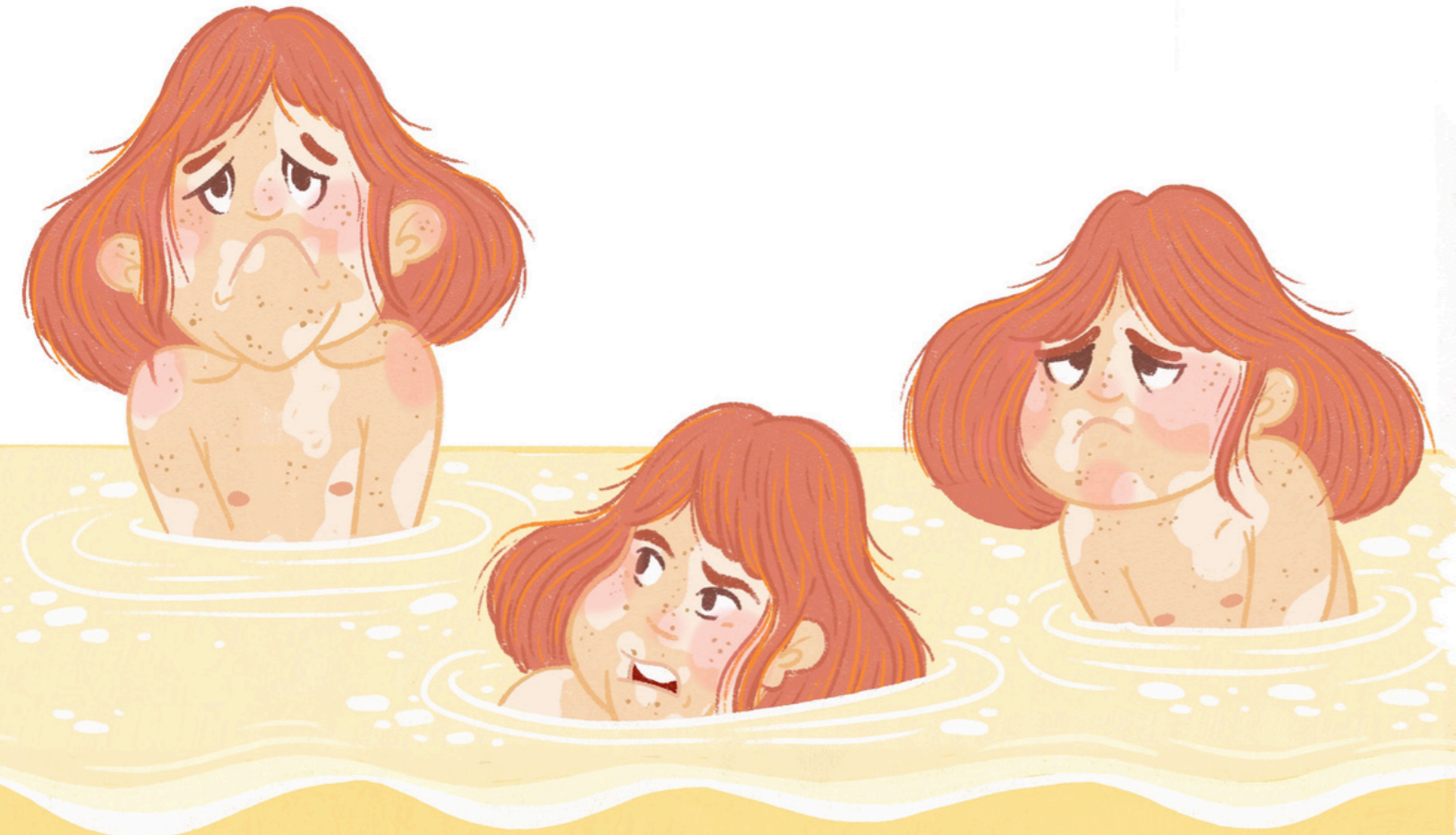


Marta was a very happy little girl,
always laughing and playing non-stop.



One day, her mom decided it was time for Marta to take the step to say goodbye to the diaper.





Although it was a little difficult at first, with a few slip-ups, Marta managed to pee in the toilet.



At night, her mom put her diaper on so she could sleep peacefully and, at that moment, Marta felt it was time to poop.



Several days went by like this, Marta would pee in the toilet and, at night, when her mom put her diaper on, she would poop.





Determined to solve this situation, every time she went to pee, her mom would leave her sitting on the toilet and ask her to push.

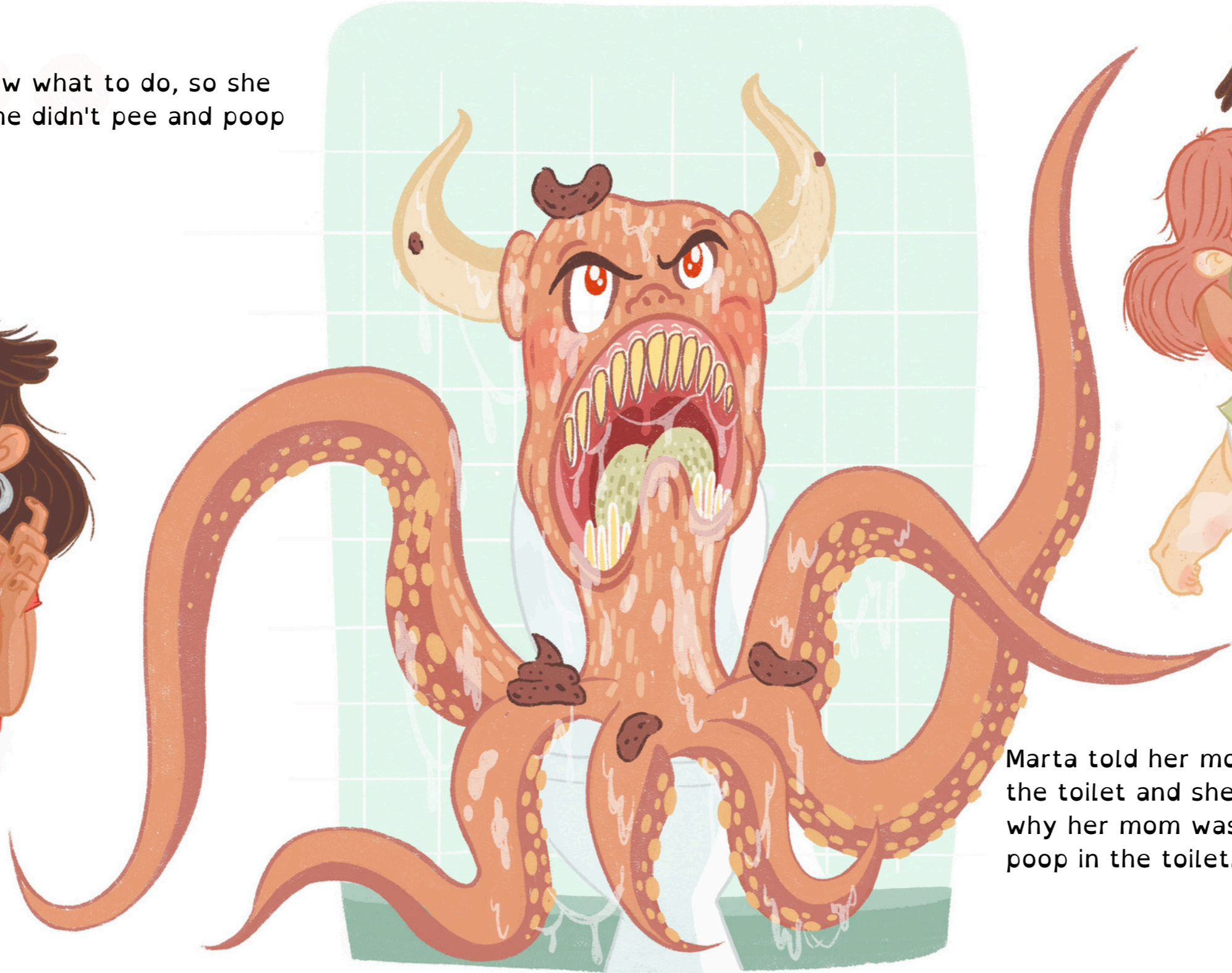
Marta cried and was very nervous because she wanted to go and play.



After a few days, Marta stopped going to the toilet. She peed and pooped when her mom put her diaper on at night.

Marta's mood changed, she no longer laughed, didn't want to play and got angry at anything..

Her mom didn't know what to do, so she asked Marta why she didn't pee and poop in the toilet.



Marta told her mom that she was afraid of the toilet and she didn't understand why her mom was sad because she didn't poop in the toilet.



So Marta and her mom decided to start over, she would go in a diaper at home and they would make visits to the toilet when she felt like it. If Marta wanted to, she would sit on the toilet and pee.



So that Marta would lose her fear and see that it was okay to pee in the toilet, her mom would give her a little star every time she did it.

If she got stars during the day, that night her mom would play with her as much as Marta wanted.



Marta tried hard and managed to pee in the toilet again. But she still pooped in her diaper.



Marta's mom didn't know it,
but Marta felt embarrassed when she pooped,
she thought a part of her was going down the toilet.
Also, once she managed to poop,
it splashed on her bottom and it was awful!

While sitting on the toilet, her feet were dangling
and her legs went numb, and then she couldn't walk.

She also felt like she was going to be
suctioned by the toilet and be flushed with
the water.

She had an unpleasant feeling
when pooping and then when
wiping.
The lid was so cold and the smell
in the room was not nice!



After a lot of thinking, Martha's mom came up with a plan. They would flush the poop out of the diaper down the toilet and say goodbye to it.

They would eat lots of fruit and drink water during the meals, and use wet wipes so it wouldn't hurt Marta.



When she peed, her mom put some paper on the bottom of the toilet so that if she pooped, it wouldn't splash on Marta's bottom.



Her mom also adapted the toilet for Marta

Marta pooped in the toilet, but very little and she was getting very tired quickly. Then her mom taught her to do tummy exercises to learn to push.



They had fun playing with their tummies!

Mom used air fresheners and Marta's favorite stories to make the toilet a pleasant room.

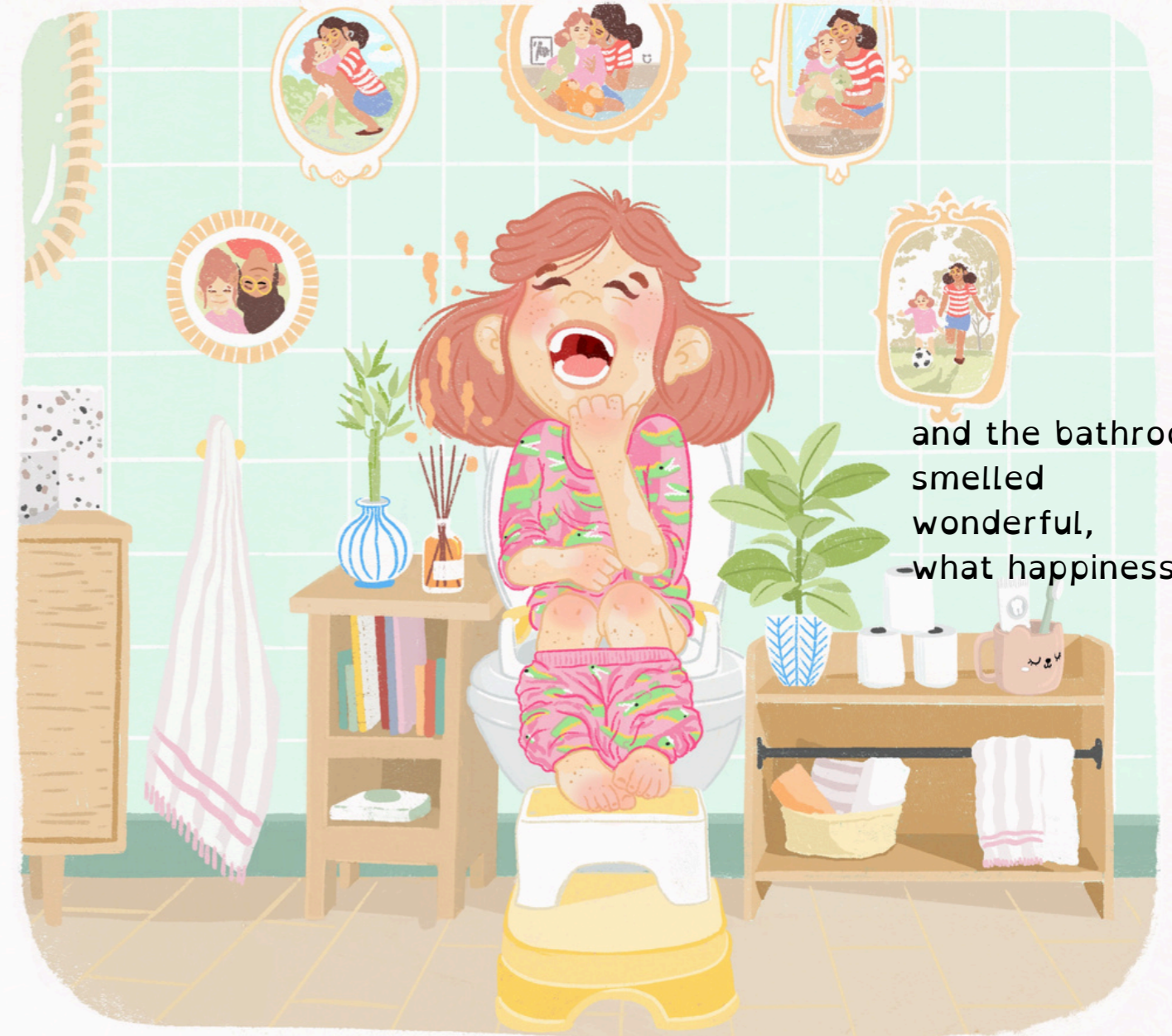


Marta's mom thought that ...



... if the little stars had helped Marta to go potty in the toilet again, they could also be used for pooping.

Little by little, Marta started to poop in the toilet. She felt comfortable sitting and reading her books, she knew how to push the poop to come out



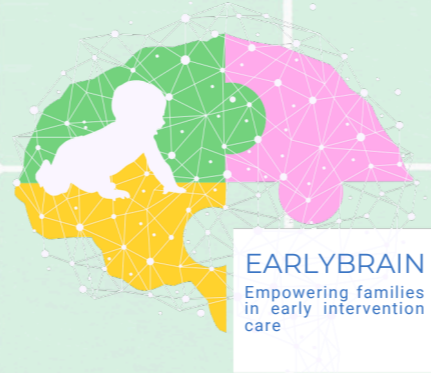
and the bathroom smelled wonderful, -what happiness!

When she finished, Marta got a star,
which was what made her happiest,

more time with mommy to play!







**Co-funded by
the European Union**

This project has received funding from the European Union's Erasmus+ programme under grant agreement No 2022-1-ES01-KA220-ADU-000088960.

The views expressed herein reflect those of the author and the Earlybrain consortium; the EU/Commission is not responsible for any use that may be made of the information it contains

