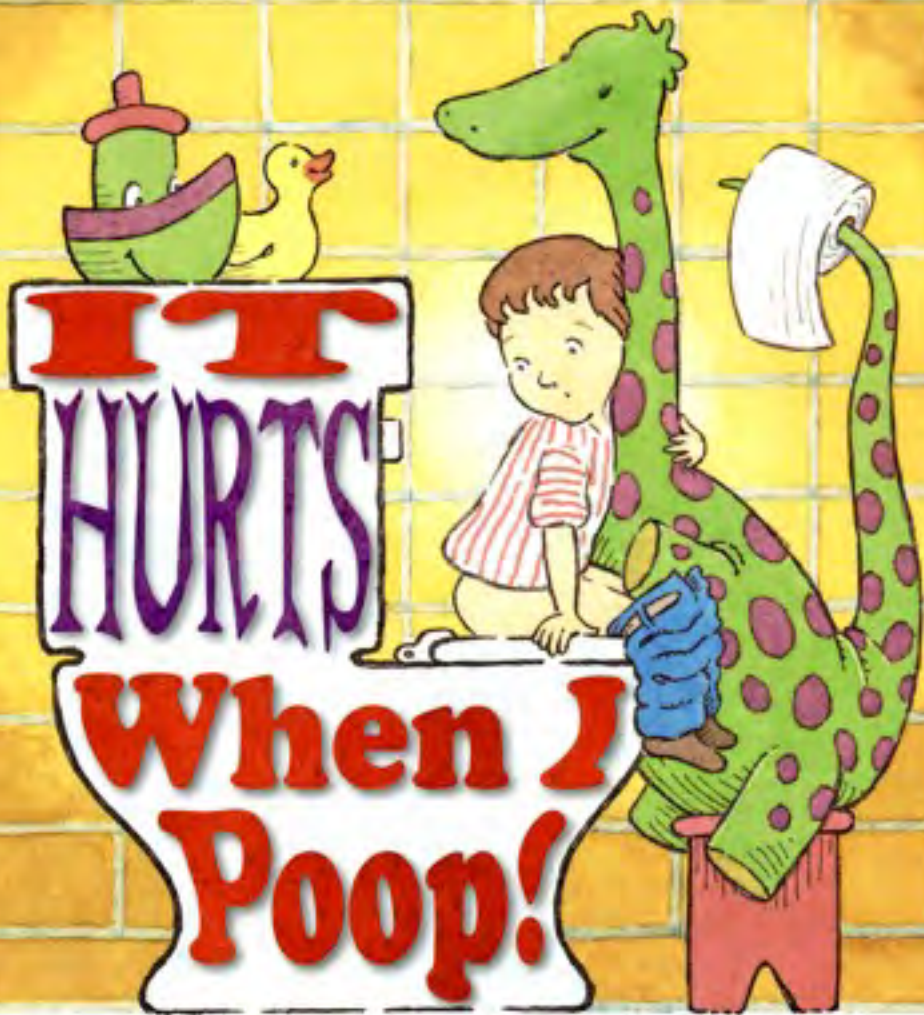


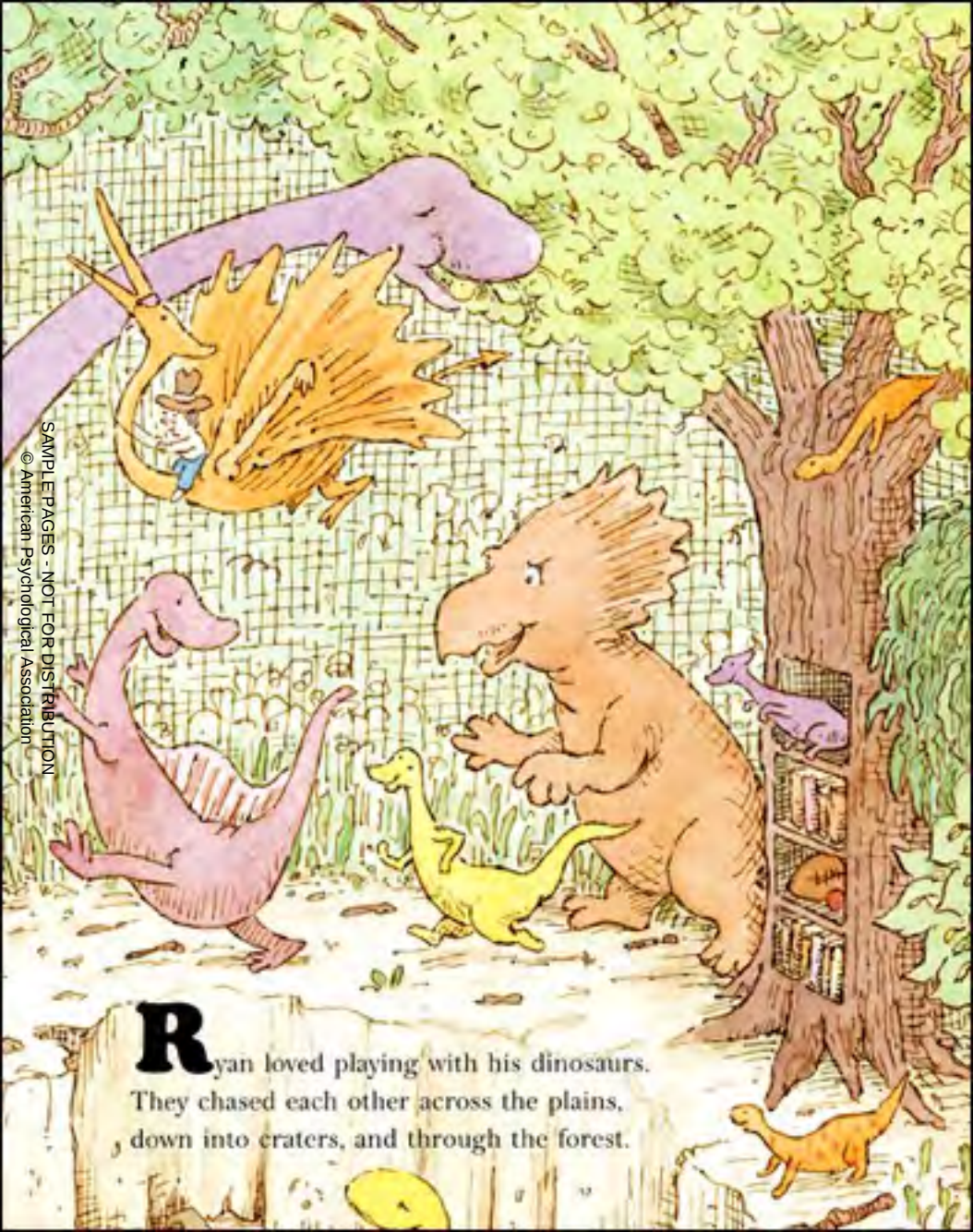


**A Story for Children Who Are Scared to Use the Potty**

by Howard J. Bennett, M.D.

illustrated by M.S. Weber

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**R**yan loved playing with his dinosaurs.  
They chased each other across the plains,  
down into craters, and through the forest.



All of a sudden, Ryan got a tummy ache.  
It felt like someone was poking him with a stick.  
Ryan knew why his tummy hurt.  
He had a poop inside that needed to come out.  
He did not like having poops,  
because it hurt when he tried to go.



When Ryan got tummy aches, he squeezed his bottom muscles as hard as he could to make the poop go away. This worked for a while, but somehow the feeling always came back. Then Ryan could not hold his poop in any longer, and it would come out.

Sometimes it came out as hard little balls.  
Other times it came out as one big ball.

Sometimes Ryan had his poops on the potty.  
But most of the time he was too scared to sit on the potty,  
and he asked his mom or dad for a pull-up.



Ryan's parents worried about him when he had tummy aches.

They told him he would feel better if the poop came out.

Ryan wanted his parents to be happy with him,  
but he remembered that it hurt if he had a big poop.

So most of the time he tried to keep the poop in.



One day Ryan's parents took him to see the doctor.

After Dr. Gold heard about the tummy aches and gave Ryan a check-up, she told him a story about a coyote named Bill.