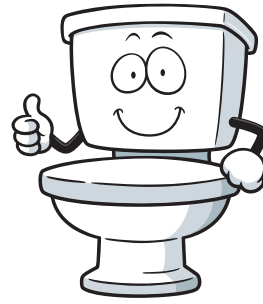


How To Sit on the Toilet

TO HELP WHEN YOU POO



- ① Use a footstool.
- ② Keep your feet flat.
- ③ Relax your tummy.
- ④ Use the squatting position, with your knees above your hips.