Rexi and Unicorn are walking to school when Rexi suddenly realises she needs a wee...

Oh no! If I wee myself then everyone will call me 'Pee-Rex'!

Don't worry, Rexi, we'll get you to the toilet in time!

You're almost there! Go go go!

TOILETS

Thank you!

Drinking 8 glasses of water a day can really help too

I'll start doing that, thanks Unicorn

...This helps Mr Bladder do his excercises, then he can empty when he's full!

FIZZY POP

...But make sure you avoid fizzy drinks and caffeine as these make Mr Bladder sad!

After Rexi has been to the toilet Unicorn gives her some helpful tips

Wearing a special toilet watch like this can help you remember to go for a wee. Here, you can borrow mine for today

Wow! Thanks!

HOUR

Toilet Time

Here, you can borrow this helpful book too

Thanks! Let's have a quick look!

THE LITTLE BOOK OF WEE & POO

Rexi can now get even more advice about going to the loo

TOP TOILET TIPS

Have 2 wees before bedtime

Sitting down can make it easier for boys

Aim to go for 4-7 wees per day

NOTES

Hooray! I've managed to stay dry and now I feel super confident!