

# My Tummy Feels Stuck

A social story for Kairav — helping with constipation and tummy discomfort



1

My tummy feels full and tight. It feels stuck inside.



2

My poop is stuck inside my tummy. That makes me feel uncomfortable.



3

Mummy gives me water and warm fruit. I can drink and eat slowly.



4

I sit on the potty. My feet go on the stool.



5

I take slow breaths. I can push gently. The stuck feeling goes away.