

Quick facts

EC stands for 'Elimination Communication', otherwise known as 'Natural Infant Hygiene'

You can use these principles to start pottying any time from birth onwards, using age-appropriate forms of communication (eg cues, hand signs, language)

The most reliable time to catch a wee or poo is after a nap; another good time to try is during nappy changes - many parents start just by trying at change times

EC'ers refer to 'catches' and 'misses': you can learn as much about baby's signals from a miss as a catch. EC'ers aim to have matter-of-fact reactions about both

All pottiers have different approaches to EC, but generally try to keep baby as dry as possible in the first year, which can mean lots of nappy changes

As with everything else in babyland, how EC works for you and your baby will go through different stages

Ever heard of a 'potty pause'? Little pauses sometimes signal an illness, bigger ones can come before major developmental milestones, e.g. walking, talking...or 'graduating' from EC

EC'ed children are often out of nappies before conventionally potty-trained children, but every child has their own schedule, so there are no guarantees

The [Oxford Nappy Free Baby](#) group meets once a month at Barracks Lane Community Garden. The website is a good place to start for further information about EC and local potty meets:
oxfordnappyfreebaby.co.uk

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Baby pottying basics



All you need to know to give EC a try at home - and where to go next for information and support if you get hooked!

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Not only is baby-led potty training good for communication, the environment and avoiding nappy rash, it's also good fun! Have a try at 'tuning in' following these basic steps:

Step 1

Observe

Take baby's nappy off and observe what happens before a wee or poo - does baby wriggle, kick or cry?

Step 2

Cue

Make a 'psss' sound as baby wees, and a raspberry (or grunt) for a poo - baby will quickly learn the associations

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Step 3

Offer

Try holding baby out when you think she needs to go, (or at a predictable time like after a nap or at change time): pick her up under the knees, facing away from you and make your cue sound: 'psss'. Baby will use both the special hold and the sound as a cue to pee or poo

EC is another way of understanding your baby - another channel of communication. Baby pottying should never be forced - respect a 'no', even if you don't believe it! See overleaf for some quick facts, and a link to further information and support.

Happy pottying!

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Happy pottying!