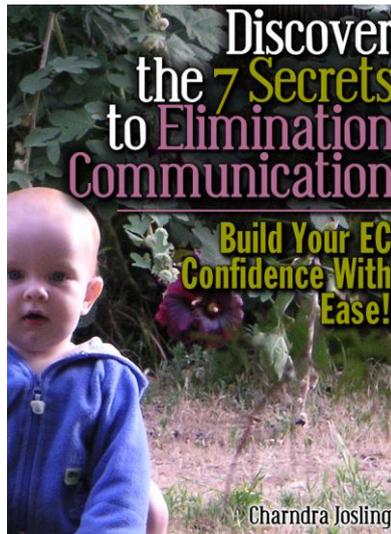
A photograph of a baby with light skin and blue eyes, wearing a blue zip-up hoodie, sitting in a garden. The baby is looking towards the camera. In the background, there are green leaves and a large purple flower. The text is overlaid on the top right of the image.

Discover the 7 Secrets to Elimination Communication

**Build Your EC
Confidence With
Ease!**

Charndra Josling



Discover the 7 Secrets to Elimination Communication

Build Your EC Confidence with Ease!

Written by Charndra Josling

A Quick Intro:

The 7 Secrets to Developing Your Nappy Free Confidence provide a broad understanding of how EC works. They highlight those attitudes, approaches and strategies that will ensure you are heading in the right direction, a positive direction. Prepare yourself with the right mind-set. Set your approach to positive: remember the 7 secrets.

Have Fun Connecting...

Charndra

www.TribalBaby.org



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This eBook is designed to be shared far and wide – do help it on its way!

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You MAY transmit this eBook to your friends, to anyone who might like to explore this concept of elimination communication, online, via email - provided nothing is changed.

Discover the 7 Secrets to Elimination Communication...

Thank you for downloading my free eBook. It will inspire and encourage you to give EC a go! You can now explore the many resources included. Let's get started!

Start here to build your EC confidence:

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Secret # 1:

Keep Your Approach Light-hearted – Have Fun.

In this secret you will discover how important it is to focus on the fun of offering potty breaks, to ENJOY the process.

"When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things." Joe Namath

It is very important for you to develop and then maintain a light-hearted approach to practising EC. Have fun as you offer 'pee breaks' to your baby, sing songs, have a giggle at misses and see everything that happens within the 'big picture' – a gentle ongoing learning opportunity for your baby – and yourself. Attending to pees and poos is of course just one aspect of your baby's life, although it is so exciting and addictive to tune in this way, it is also important to keep balance and perspective – there is always another wee on the way.

What are three keys to keeping a light-hearted approach?

1. **Engage your sense of humour** – Chuckle when you miss a wee. Cheer when you catch a wee. ... enjoy yourself; you are parenting your baby, caring for their needs; how wonderful.. Use nappies if you are feeling distracted; use diapers when you are out of the home, or always between offers if you prefer, at least for a while – there is more about this in an upcoming secret. EC is something you do together with your baby, as a team, getting it 'right' isn't important – moving forwards and being responsive is.

2. Recognise this - a '**potty opportunity**' is just an offer or an invitation for baby to relieve themselves – they won't always need to go and we mustn't become stressed over counting catches and misses – they are essentially unimportant so long as the communication is kept up. Having a simple attitude of 'going with the flow' as you learn and practise together is ideal. Aim to see invitations for baby to use the toilet place as no different from offering a friend a coffee, or a snack – think nothing if they

say "No, thanks". On an emotional level, consider a missed wee as if it were a spilled drink – oops, better change that nappy. (Better wipe that up.)

3. Make up funny terms for patterns you notice, stages you pass through. It is fun and helpful. For instance, the "Morning pee frenzy" – when small babies may pee several times in rapid succession after waking, or the "crawling floods". Knowing how normal it is for babies to have lots of 'misses' in these stages helps you to have an unemotional response – it is to be expected; use appropriate protection. Baby is doing their best - so are you.

So, remember Secret #1 to Developing Your Elimination Communication Confidence: Keep your approach light-hearted – have fun.

Bonus Resource: Discover a fun way parents practicing EC engage with their baby during potty breaks... [Potty Songs and Potty Cheers.](#)

Easing Into EC Tip #1: Ask Your Baby...

As EC is such a respectful and cooperative practice, begin by talking to your baby about what you'll be doing together, perhaps like this;

"Hey Baby, I'd like to try this 'EC' thing with you; we'll do it together. I'm sure we'll have fun. I'll feel a bit silly at first and we'll surely get our wires crossed at times, but that's OK - we'll do our best... have patience with me. Soon, we'll have you wearing a few less diapers, won't that be great?"

So, be a team from the start, cooperate and empathise with each other.

[**Changing Table Guide to Secret # 1**](#)

[**Bonus: My 7 Favourite Potty Songs**](#)

Have fun connecting,

Charndra

P.S. Being part-time nappy free IS fun – lots of fun – every time you have a go and 'click' with your baby's needs, well, it just brings JOY to your heart. There should be

Set Your EC Approach to Positive: Remember the 7 Secrets. Visit www.TribalBaby.org to buy the full eBook...

no stress involved, just striving for greater connection and personal growth as a parent and baby – as a co-operative team.

The Elimination Communication Classic Squat Position:



- This photo shows me holding baby Jett in the classic EC Squat position. It aids easy elimination, and is the traditional way of holding a baby. A newborn is supported by your body, as they are until they can sit on a potty. In arms is great as you can offer a quick wee when out over a loo or a discrete bush to keep that diaper dry a bit longer.

This eBook is a gift to you from www.TribalBaby.org

My 7 Favourite Potty Songs

Compiled by Charndra Josling

If There's Poopy in Your Booty

- Sung to the tune of "*If You're Happy and You Know It*"
"If there's poopy in your booty let it out (poo poo)
If there's poopy in your booty let it out (poo poo)
If there's poopy in your booty and it's more than
just a tooty
If there's poopy in your booty let it out." (poo poo)

(With thanks to Lissin)

Skip to the Loo

- Sung to the tune of "*Skip to my Lou*"
"Poos on the Potty, Skip to the Loo
Poos on the Potty, Skip to the Loo
Poos on the Potty, Skip to the Loo
Skip to the Loo my darling"

(With thanks to Pippa)

Baby's Wee Wee

- Sung to the tune of "*London Bridge is Falling Down...*"
"(Baby's) wee wee's falling down, falling down,
falling down
(Baby's) wee wee's falling down- into the potty"

Potty Cheer: Pee pee in the pot-ty

- Sung to the tune of the Congo line song "*Only When We Cha Cha*"
"Wee wee in the pot-ty" or "Poo poo in the pot-ty"

Ten Little Poo-eyes

- Sung to the tune of "*Ten Little Indians*"
"One little, two little, three little poo-eyes,
Four little, five little, six little poo-eyes,
Seven little, eight little, nine little poo-eyes,
Ten little poo-eyes, on the po-tty"

(With thanks to Jennifer)

I'm a Little Baby

- Sung to the tune of "*I'm a Little Teapot*"
"I'm a little baby, cute and smart;
Here are my fingers, here is my heart;
When you look at me, my brown eyes twinkle;
Hey, look at this.....I made some TINKLE..."

(With Thanks to Lyn and her daughter Christina)

Do a Little Wee-Wee for You

- Sung to the tune of "*Happy Birthday to You*"
"Do a little wee-wee for you
Do a little wee-wee for me
Do a little wee-wee, do a little wee-wee
Do a little wee-wee, (baby)
Do a little wee-wee for me
Do a little wee-wee for you
Do a little wee-wee, do a little wee-wee
Do a little wee-wee, (baby)"

(With thanks to Elizabeth)

Potty Cheer:

I made a wee wee in the potty...

- Sung to the tune of "*La Cucaracha*" and it goes like this:
"*I made a wee-wee on the pot-ty. Cha-cha cha-cha cha-cha -cha.*" (With thanks to Samantha, Mum to Elizabeth)

Goin' to the Potty

Sung to the tune of "*Going to the Chapel of Love*"
"Goin' to the potty and we're
Gonna go pee-ee pee-ee,
Goin' to the potty and we
Might go poo poo too-oo,
Gee I really love you and we're
Gonna go po-o-otty ..."

Goin' to the potty with Mum."

(With thanks to Lori)

Your Changing Table Guide to Secret #1

The 7 Secrets to Developing Your Elimination Communication Confidence: Secret # 1 is about how important it is to simply enjoy this time with your baby as you practice ***part time EC***.

Keep Your Approach Light-hearted - have fun.

What are the 3 keys to keeping a light-hearted approach?

- 1 Engage your sense of humour.
- 2 A 'potty opportunity' is just an invitation for your baby to relieve themselves, an offer.
- 3 Make up funny terms for patterns and stages on your EC journey.

Remember Secret #1 to Developing Your Nappy Free Confidence:

Keep Your Approach Light-hearted - have fun.

Easing Into EC Tip #1: Ask Your Baby...

As EC is such a respectful and cooperative practice, begin by talking to your baby about what you'll be doing together, perhaps like this;

"Hey Baby, I'd like to try this 'EC' thing with you; we'll do it together. I'm sure we'll have fun. I'll feel a bit silly at first and we'll surely get our wires crossed at times, but that's OK - we'll do our best... have patience with me. Soon, we'll have you wearing a few less nappies, won't that be great?"

So, be a team from the start, cooperate and empathise with each other.

Secret # 2:

Stay relaxed, and flexible in your options – it's easy.

In this secret you will discover how being flexible will allow you to adapt EC to YOUR lifestyle as you learn and build your confidence, and show how adaptable being part-time diaper-free can be.

"If in our daily life we can smile, if we can be peaceful and happy, not only we, but everyone will profit from it. This is the most basic kind of peace work." Thich Nhat Hanh

Sometimes parents get overwhelmed with the idea of being 'nappy free', thinking they shouldn't need to use diapers after a short time, or at all, but this is simply a misunderstanding. Practicing EC is a process – a long process, and there are many ways to stay positive and 'in touch' without becoming overwhelmed.

Nappies are integral to feeling comfortable with EC. Think of the term 'diaper free' as a mind-set – having the freedom to use diapers as a tool, not an essential, yet at times a necessity. This is why the term "Part-time nappy free" is so apt – sometimes diapers, sometimes diaper free. You decide when they suit you.

What are three keys to feeling relaxed and being flexible?

1. **Stay relaxed by being flexible** – use nappies when you leave the house. Use diapers at night. Practise nappy free time when you feel positive and motivated. Use diapers when visitors pop over. A friend of mine from India, where they culturally practise EC, used diaper backup from start to finish; many people do this – you can too. You're still EC'ing if you are open to messages from your baby and strive to respond to them. Do this and you are Part-Time Nappy Free. Having a relaxed attitude is quite important to successful baby-parent communication, which makes a lot of sense.

2. **Be comfortable in adapting your level of 'back-up'** in busy or demanding family times, this is what everyone does to stay balanced. Think of EC as a parenting option, diapers as a tool; use as necessary, avoid when unnecessary. Missing a wee is

nothing in the grand scheme of things. Yes, you CAN speed up and slow down your attention to EC – that is what makes EC so empowering and liberating.

You can use it to gain a deeper bond with your baby, help your baby on their learning journey, as well as use the convenience of nappies at other times, when you are just too tired after a busy day or simply not in the mood to be responsive. At those times, you are having an "In Between Day" - pick it up again later or tomorrow. There are now many types of EC clothing available to add to your convenience - made by parents who have practiced EC. [My directory of Elimination Communication Stores](#) will help you find shops who offer EC gear for sale and will help you find what you need.

3. Use lots of variety with your 'protection' choices. Being flexible also relates to using a variety of 'protection' options – disposable diapers, washable diapers (cloth), EC mats, training pants, split crotch pants, naked bottom - whatever best suits YOUR situation at any point in time. Nappies are central to your learning, yet irrelevant in another way, as EC is about the communication with baby, rather than catching wee. You use protection as it suits your current comfort level, how baby is responding, where you are and if you have carpet or hard floors. Use diapers / go nappy free - you are still practicing EC as you are open to responding to baby's attempts at communication whenever you can.

This flexibility helps you to reduce your overall 'carbon impact' - doing your share in protecting the environment for our children's future.

So, remember Secret #2 to Developing your diaper-free confidence: Stay relaxed, and be flexible in your options –it's easy.

Bonus Resource: Discover How You can almost immediately begin lowering the impact of your baby on the environment of the future - whether you do EC or not:

[**How Green is Your Nappy?**](#)

"The goal of life is living in agreement with nature." Zeno (335 BC - 264 BC)

We all know that climate change, or global warming is real, and it can sometimes make us feel a bit powerless, BUT there are HEAPS of little things that we can start

doing today to reduce the amount of carbon dioxide released through our choices. EASY things that you can do - any parent can do.

Easing Into EC Tip #2: Notice Fussing During Feeding...

During your next feed with baby, notice if / when they start fussing with their mouth, it is a very common sign of the need to 'go'. Ask yourself if they might need to wee or poo. Feel their nappy for warmth.

So, wonder about those feeding wriggles... [Breastfeeding and EC...](#)

Have fun connecting,
Charndra

P.S. I hope you are feeling like this "EC thing" is not as hard as it may first appear. That yes, you can see yourself giving it a go, feel how great it will feel to skip using that first diaper... and the second, third and many more. See how integral nappies are to the process? They are used until they are too fiddly – then other options take their place as 'back-up'. Flexibility is the secret – just like in everything.

Remember to keep in mind: **EC is about the communication**, not about toilet training. Particularly with little babies, EC is about comfort - the EC being 'Elimination Comfort' - helping them to be comfortable by getting out that gas, letting the poos out in a big lot rather than over several diapers. You are also simply being there to reassure them that they are OK when their oh-so-new body startles and scares them, and actually hurts at times.

You are caring for your baby NOW, not needing to 'use' a nappy some of the time, even though they still wear one - meanwhile you are building your confidence and understanding about their individual needs. Each poo caught is a messy diaper change saved. (I'm glad every time I catch a poo.)

[**Changing Table Guide to Secret # 2**](#)

Bonus: [How Green is Your Nappy?](#)

Bonus: [Breastfeeding and EC](#)

[Back to Secrets Index](#)

Your Changing Table Guide to Secret # 2

- Helping you add a little nappy free confidence to your life with baby.

The 7 Secrets to Developing Your Elimination Communication Confidence:

Secret # 2 is about the flexibility, adaptability and variety of being ***part time diaper free***.

Stay relaxed, be flexible - it's easy!

What are the 3 keys to feeling relaxed and being flexible?

1 Be relaxed by being part time nappy free.

2 Be flexible by using back-up - diapers are a helpful tool...

3 Feel comfortable in using a variety of 'protection' choices - diapers aren't always easiest back-up to use...

Remember Secret # 2 to Developing Your Nappy Free Confidence:

Stay relaxed, be flexible - it's easy!

Easing Into EC Tip # 2: Notice fussing during feeding...

During your next feed with baby, notice if / when they start fussing with their mouth, it is a very common sign of the need to 'go'. Ask yourself if they might need to pee or poo. Feel their diaper for warmth.

So, wonder about those feeding wriggles...

Discover How **You** Can use Less Nappies

- Nice for your baby, your budget and the Earth.

How Green Is Your Nappy?

Can You Help Slow Global Warming With Your Nappy Choices?

YES YOU CAN. (and it is much easier than you may think)

You can reduce the carbon impact of your baby's first years with some simple 'green' choices. Go on a 'carbon diet' regularly, and take a 'carbon fast' now and then. The environment, your baby, and your budget will thank you.

Babies, the newest members of the human race, are huge producers of waste in our society; requiring some 5000 nappy changes from birth until 'potty training', they generate some 1750 kilos of waste if only in disposable nappies during that time. There is a large carbon impact from all this waste, and these diapers can then take reputedly up to 500 years to decompose – potentially contaminating groundwater and the environment with harmful chemicals - ICK.

BUT... there is a role for us as parents to play in reducing the 'ecological footprint' of our babies. As we collectively strive to reduce our household 'carbon impact' in many areas of our lives, we can also achieve this with our baby. These changes will add up.

We may feel our personal choices can make little difference, but they do – collectively, they make a REAL difference, with each of us going on a diaper use 'carbon diet' now and then. Keep in mind what Margaret Mead said:

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has."

That group of committed citizens in this case is parents protecting the environment for the future. Together, our individual choices add up to help the future of our world, even in the mundane area of nappy options...

Join the "Green Nappy" Challenge.

There are everyday, simple strategies that we can adopt which don't actually make much difference to our lifestyles, things we can do now and then, on weekends or

when at home with our baby. All you need is a flexible approach to diapering – taking the ‘greener’ options whenever it suits your situation.

Engage in some mitigation to reduce the carbon emissions generated in your home:

"The first line of attack in battling global warming, mitigation is the business of preventing excess carbon dioxide from being released." TIME Magazine, April 9, 2007
‘The Global Warming Survival Guide’

So, what ‘reduced carbon’ choices can YOU make? How can you prevent some carbon dioxide from being released, or reduce the levels produced in your own home?

I have a dozen suggestions for you. The options range from ideas that represent a ‘carbon diet’- (reduced carbon emissions compared to full disposable nappies 24/7), to a complete ‘carbon fast’ – NO emissions at all for stretches of the day.

Mull them over and consider putting a few into practice now and then.

Now and then will make a difference. You can do now and then easily...

You don’t need to do them all today – experiment with a few ideas; keep them in mind over time. As these ideas become normal to you, you will start to naturally do them; they will become part of your lifestyle. You’ll be doing your bit for the Earth. Consider embracing any of these options as a gift you are making to the future.

7 Green Diaper Suggestions:

1. Investigate ‘ECO’ disposables – biodegradable paper diapers – their environmental impact is lower – buy a pack now and then. Up to 80% of their materials are compostible - provided they are not thrown out in plastic bags, of course. Also, do try out generic brand nappies – less overall environmental impact from expensive packaging and advertising, and more economical, too.
2. Use cloth covers with disposable inserts, such as the G Diaper System or the Eenee Weenee System. Better still, combine with washable inserts.

3. Use cloth diapers some times, perhaps on weekends or when at home with baby. Cloth uses up to 2.5 times less resources than disposables. Buying a few Modern Cloth Nappies made by a local work at home mum supports local businesses, reduces carbon emissions used in the creation and transport of products, plus they can be used over several children then re-sold, being even more 'green'.
4. Use traditional 'flat' or 'prefold' nappies under training pants or a nappy cover now and then. Learn more about types of cloth nappies [here](#).
5. Have your pre-crawling baby diaper-free on a towel now and then – it is an item you already have at home, it is easily washable, and costs nothing – an easy 'carbon diet' strategy. Baby can flap around on their belly while you give them a calming massage or kick their legs freely with no nappy on.
6. A toddler can wear washable training pants at certain times at home as they don't pee so often, and the waterproof pants, available for a few dollars, prevent puddles as you save money, and the Earth.
7. In warm weather have your toddler roam the backyard diaper-free, like our grannies used to do – they get to understand their bodies faster, too.

The most environmentally friendly and economical nappy is the one you never use.

So, which one can you do from today? Each small effort is something. I'm sure the Earth, our babies, our budgets and our consciences will thank us all for our small efforts.

My Story:

Something I want to do for the environment of the future, the world my son will live in, is to minimize the amount of carbon waste I produce in his earliest days. I did a lot of thinking about my own choices, explored options and considered where I could make a difference.

So, I learnt about and practiced EC, "Elimination Communication". We used nappies only part time from our son's birth, gradually reducing them over time, then replacing them totally with washable training pants until he began using regular pants in his second year, and became toilet independent after turning two years old.

We used a cloth diaper service at first (saving our time as we learnt his non verbal signs for needing to go), disposable diapers when we went out, on weekends and for breaks, then using generic nappies as soon as they would fit.

By the time he was six months old we were using home made, partly recycled, puddle-proof training pants – kind of like padded knickers - until he / we didn't need them anymore. This isn't to brag - it's to show that if I can do it, so can you.

The process was great fun, we learnt a lot, we saved a fortune, I felt fabulous that we have created such a small "ecological footprint" from his first years on earth. We have a wonderfully close connection with our son thanks in part to practicing EC with him, experienced many daily rewards as he slowly and naturally attained toilet independence at his own, unique pace.

Have Fun Connecting,

Charndra

[Back to Secrets Index](#)

[Discover More about My Ebook about 'Baby Pottyng'...](#)

Breastfeeding and EC:

How You Might 'Solve' a Common Breastfeeding Concern With a Little Elimination Communication – Whether you do EC or not.

Plus 3 tips that may help you to fine tune your breastfeeding awareness...

Practicing EC helps your breastfeeding confidence- definitely. You have another question to ask if your baby is fussing at the breast, and not just worry about milk intake or supply. As you have discovered, EC is something you start at home, when you have some quiet time with your baby. You support your baby's instinct to not wee on themselves by offering them the opportunity to wee in a potty now and then - at nappy changes is a prime time as their diaper is already off. During your breastfeeds is another as I'll show you below...

Breastfeeding is inextricably linked with our practice of EC.

Our 'elimination communication' began with breastfeeding. The first sign I learnt was My son pulling off and on the breast during a feed (a pretty common feeding behaviour) which may at times signal a need to tinkle. I find it was a sign pretty often and it was a great boon to have this insight as we learnt how to breastfeed together - or rather he helped me to meet his needs.

It makes sense that babies have a desire not to 'eat' and 'go' at the same time. Some babies (like mine) simply refuse to breastfeed if a full bladder is distracting them. Our EC grew from there to become an integral part of our lifestyle, day and night, just as breastfeeding is. They breastfeed, they wee, every time. It is an awareness that has carried on as long as they continue to breastfeed. It is a great help.

3 Insights to Consider With Fussing at the Breast:

Just knowing a fussing time at the breast might be due to a full bladder or need to poo can reassure. It is something to be aware of.

Biting can also be an elimination sign – particularly with poops and teething.

Awareness of the type of suckling can be illuminating – of course they overlap, but generally it is something like this:

- **Popping on and off the breast while feeding means** "I need to wee" (or burp). It is like they want to feed, but just don't stay on – may happen ten mins into a long feed, or indeed, offering the breast is a great way to 'ask' if their fussing behaviours is a wee need. They go on and off, "Ugh, ugh" Squirm and wriggle...

- **Plucking at the boob while feeding means** "I need to poo" (or fluff.) It is like they grip, drag back and pop off the boob – and make eye contact as well ("Hey Mum, PAY ATTENTION.") Often accompanied by noises, arching their body, squeezing and kicking of their legs. NB: But of course, not always. There are stealth poos - that just seem to slip right on out of there... more often with little babes, or very tired older babies, or if there is a belly upset of some sort.

- **'Nibbly' feeding means** "I need to have a burp, my belly feels yuk" (or a need to fluff.) It is an irritating sign. It is like rubbing your nipple between two fingers – ugh.

What to do?

The first step, as you are turning on your EC senses, is to lay baby down flat as it can help them to relieve their bladder more easily. There is then little pressure on the bladder sphincter, and they can release their wees that much more easily. Popping them on their belly if they seem really 'full' is just about a guarantee for a wee- they simply cannot hold on with the pressures on their bladder that way.

So, lay baby down, smile at them, (getting the giggles going helps them to relax their bottom end.) and feel their nappy for warmth or listen for toots and poops.

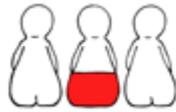
Change the diaper with enthusiasm about their communication and go back to your feed. Observe what happens next - perhaps they'll come back on the breast more relaxed, and even go to sleep... what do you notice?

NB: For newborns particularly, they can be quite startled by the whole thing and may cry for a little bit even after they've weed. I compare it to when we go for an ultrasound and have to drink all that water? When it finally is time to go - it can be

Set Your EC Approach to Positive: Remember the 7 Secrets. Visit www.TribalBaby.org to buy the full eBook...

really hard to. I think that is what our babies may feel like sometimes, and so they cry out, and get tense, and then find it even harder to release that wee.

The next step is of course to offer a potty break, go on, just have a go.



Tribal Baby.org

Trust Your Baby, Trust Yourself!

[Click here & learn about your empowering parenting options...](#)

[Baby Pottyng](#)
[Hypnosis for Birth](#)
[Breastfeeding](#)
[Co-Sleeping](#)
[Baby Led Solids](#)



I recommend [The Baby Bjorn Little Potty](#). Ours is still strong after 7 years, where other potties have gotten cracks with general use, plus it has a smaller hole so younger babies can sit on it from when they can do a supported sit.

Secret # 3

Nappy-Free Time Is Important

In this secret you will discover a simple way for baby to have nappy-free time and that baby wee is a harmless liquid.

A spot of diaper-free time kicking their legs on a waterproof mat is a great way for working parents to reconnect at the end of busy days. Nappy-free time is an easy way to help baby learn about their body. Simply have some protection under them. For crawling babies, a cloth nappy without a cover will help both of you learn about how baby's body works, 'risk' free.

Baby pee emerges sterile. Yes – it is just a warm liquid, quite innocuous – merely excess water and minerals the baby doesn't need. Remember to think of it as just some spilled water. When you get weed on, clean it up with a small flannel, end of story – simple hygiene necessary. Leave it – sure, it will grow smelly as bacteria land on and grow in it – but you'll easily wipe it up long before then. You will get 'christened' – doesn't every parent?

Here are three simple ways to have a bit of diaper-free time when you begin practising part-time EC:

1. **A towel folded several times is an easy way** – use one from the bathroom rail and you won't even create 'extra' washing. Use a nappy as protection, a simple cloth diaper square will do the trick, baby sits on it, or has it between their legs. Baby is on a nappy rather than the nappy on the baby. (For poops, simply use appropriate backup at times you expect a poo, use a cover or protection until you get a good feel for poop signs and patterns. No need to get pooped on to do EC.)
2. **Simply put a waterproofed mat on your lap**, this might be towel with plastic tablecloth cut up underneath it, safety pinned together at the corners. Here are nine ways of making Do-It-Yourself Nappy Free Time Mats. There are also a number of EC Mat options you can make or buy, useful for many situations. Use your changing mat.
3. **Practice a bit of diaper-free time with your baby on a waterproof mat** – protecting surfaces from wees, rather than protecting the environment from the baby

by waterproofing the baby with a nappy – a change in mind-set from full-time diaper use. Having nappy-free time is helpful for a number of reasons.

So, remember Secret #3 to developing your nappy-free confidence: Nappy-free time is Important.

Bonus Resource: Full of 'Take aways' that you can start using immediately, they'll prepare you for practicing EC as they are the first step, and will benefit you and your baby even if you decide EC isn't for you at this time.

Discover the number one way parents practicing EC begin to reduce their use of diapers - you probably already do it - turn it into a learning experience as well...

[The Importance of Nappy Free Time](#)

Easing Into EC Tip # 3: Leave That Nappy Off...

Nappy Free Time is such a great opportunity to observe, interact and learn - try to do some everyday. Think of how a half hour diaper-less every day will add up to so much experience getting to know your baby's rhythms and patterns, having playtime together to massage, sing, smile and listen to your baby.

So, leave that nappy off for an hour sometime tomorrow, smile at your baby and watch them wee. (Make a 'sss' sound when they do.)

Have fun connecting,

Charndra

P.S. Imagine having your baby diaper-free and feeling confident at reading their signs for needing to wee. The feeling of confidence this brings will make you feel very connected to your baby's needs.

[Changing Table Guide to Secret # 3](#)

Bonus: **[The Importance of Nappy Free Time](#)**

Bonus: **[DIY Nappy Free Time Mats](#)**

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Changing Table Guide to Secret # 3

Tribal Baby: *Part Time Nappy Free.*

- Helping you add a little nappy free confidence to your life with baby.

Your Changing Table Guide to Secret #3

The 7 Secrets to Developing Your Elimination Communication Confidence: Secret # 3 is about simply taking the diaper off your baby is an easy way to start being ***part time nappy free.***

Nappy-Free Time is Important.

What are 3 keys to having a bit of diaper free time?

- 1 Use a folded towel from the bathroom rail - no 'extra' washing to do.
- 2 Use a waterproof 'EC Mat' to protect your surfaces (your lap) from wetness - a changing mat is a fine option.
- 3 Give your baby some nappy free time kicking their legs every day.

Remember Secret #3 to Developing Your Nappy Free Confidence:

Nappy-Free Time is Important.

Easing Into EC Tip #3: Leave That Nappy Off...

Nappy Free Time is such a great opportunity to observe, interact and learn - try to do some everyday. Think of how a half hour diaper-less every day will add up to so much experience getting to know your baby's rhythms and patterns, having playtime together to massage, sing, smile and listen to your baby.

So, leave that nappy off for an hour sometime today, smile at your baby and watch them pee. (Make a 'sss' sound when they do.)

Set Your EC Approach to Positive: Remember the 7 Secrets. Visit www.TribalBaby.org to buy the full eBook...

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The Importance of Nappy Free Time.

Nappy Free Time is the simplest way to develop your Elimination Communication awareness - and it is easy to do every day.

It is the number one way parents practicing EC begin to reduce their use of nappies - you probably already do it: turn it into a learning experience as well..

Babies love diaper free time. It is very important to their development to have the free wheeling experience of moving their bodies without clothing barriers, and it's great fun.

Remember these nine simple ways to make a 'flat nappy' or Nappy Free Time Mat to boost your confidence in having your baby diaper-less. You'll know your surfaces will be dry - and baby isn't confined in a nappy.

Six reasons why Nappy-Free Time is Important:

Airing Sensitive Little Bottoms:

Babies that rapidly develop redness or rashes from reactions to chemicals in diapers, in wipes, in detergents, or from ammonia irritating their skin due to their waste, from a bacterial infection or from simply too much heat and moisture in a diaper will soon benefit from Nappy- Free time. Air and sunlight will help the skin with a chance to heal. Some babies have very sensitive skin, and practicing EC is how their families avoid the painful condition. Breast milk applied as a lotion is chock full of protective and healing properties, too.

Leg Kicking and Full Skin Sensation:

Babies love kicking their free legs unencumbered by a nappy; they get to explore full movement possibilities and feel sensations over all their skin as they flap their arms and legs, feel textures and temperatures over ALL of their skin. Their skin is their largest sensory organ, and they learn volumes from touch every day.

Back and Belly Time Balance:

This eBook is a gift to you from www.TribalBaby.org

Time on their bellies is very important to aid normal development of their back and abdominal muscles. EC naturally aids this as they gain experience and practice in consciously using their various muscle groups. They get regular practice building their upper body strength ready for mobility. This is why it is useful to find a balance between back and belly time. Time in a sling is another way to facilitate this exercise for baby, as they are constantly adjusting their muscles for balance. Using waterproof mats to protect surfaces from wetness are a good idea, you can see the custom made varieties in the [EC shopping directory](#). Mats also protect baby from cold or hard surfaces, are easy to chuck in the wash too.

Elimination Awareness:

Obviously, if baby feels themselves weeing, sees the liquid emerging, notices the warmth, they are learning what it feels like AS they go, and begin recognising what it's like before they go. By using your cue sound when you happen to notice them weeing, it will also help to draw their attention to the sensations, developing their internal elimination awareness. This helps them to know when to communicate their approaching need so you can help them, knowing you are attempting to do this each day.

Noticing Baby's Patterns and Rhythms of Elimination:

Nappy free time can help you to gain a clearer understanding of baby's patterns of elimination. When they are on a waterproof surface that will quickly wick moisture away from their body as well as keep your carpet dry, you can RELAX and observe openly.

Sign Spotting and Confidence Building:

As you are hanging around with your diaper-free baby, using your cue sound when they happen to wee, you'll be more attuned to the whole picture of their behaviour, noticing what they were doing before they did a tinkle. Experience will naturally build this picture, close focused observation will help, even doing it occasionally. As baby is without the nappy, you can respond easily to possible signs, building your relationship of trust and EC confidence.

What does regular diaper free time mean overall?

- Less time in a nappy, meaning less chance of diaper rashes.
- More time for baby to be in tune with the rhythms of their body.
- Plenty of opportunities to use your cue sound or words to help baby recognise their body's sensations.
- Many chances to observe baby's signals before eliminating so you can respond to them, building baby's trust to continue using that signal.
- A key way to strike a balance between back and belly time, particularly if baby doesn't spend regular time in a sling.

Here Are 7 Suggestions For Finding Times For A Spot Of Nappy Freedom;

1. As you run baby's bath
2. After taking off sleeping clothes, before dressing
3. When baby is happy for a bit of floor time by the window
4. After a poop.
5. For a time after a nappy is removed
6. During baby massage
7. When lounging in bed together on a weekend or day at home

As you can see, anytime is fine -simply consider warmth, surface protection and some relaxed, uninterrupted time (when that is possible with a family...)

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*Baby Pottyng
Hypnosis for Birth
Breastfeeding
Co-Sleeping
Baby Led Solids*

Do-It-Yourself, Budget, No-Brainer Solutions For Nappy Free Time Mats - Make Them Yourself For Peanuts From What You Have Around Your Home.

I've often called mine 'Flat Nappies' as they do the job of catching wees, yet they are for protecting surfaces from wetness. Just remember the concept: Baby sitting on the diaper, rather than nappy wrapped around the baby.

They are pretty simple in design - you'll need a waterproof layer to protect the surface it is on, an absorbent layer and a layer for next to the baby - preferably one that feels dry to the touch after a wee.

Nine Ways To Make D-I-Y Nappy Free Time Mats:

Use your changing mat. Lay some soft cloths on top, perhaps a towel for something to switch on wetness. Perhaps a towel beneath for extra cushioning as they are often quite thin.

Use a 100% wool blanket with sheeting over it. It breathes well and, wool has the near magical properties of repelling water, yet without going really cold.

Use an old or recycled wool jumper or sweater. Chop off the arms (adapt them as baby legs), put a towel inside it for absorbency.

Use a pillowcase as a pocket that has inside it a piece of towel on the top layer and a waterproof liner. (Stuff-A-Pillow)

Use a waterproof plastic tablecloth (party ones are quite cheap) for the base with a towel then a cotton sheet on top. 'Waffle' tea towels and soft cotton bunny rugs are nice for the top, (which can be switched out on wetness).

Use an old plastic shower curtain as the base, with towel as the absorbent layer, then topped with a polar fleece layer, as that doesn't absorb water.

Using a flat cloth diaper as the size, make a pillow slip to go over this, using a waterproof layer as a separate base. You can easily make several that can dry quickly once washed.

Use a plastic-based waterproof changing pad covered with a thick flannel pillowcase. It is already sewn, and easy to wash and hang out to dry. Easy to stuff with something else as well.

Buy a washable softly carpeted bathroom mat with the waterproof base. Lay a towel on top for absorbency and a polar fleece layer or bunny rug on top. Great for a spot of nudie bottom floor time, not for sleeping on though, with the rubberised base.

You don't sew? (Don't have the time?)

- Simply use the layers on top of each other.
- Cross-stitch the corners together.
- Use capped safety pins in the corners, pinned from below so there is little chance of touching cold metal.
- use fusible interfacing to bind the layers together with an iron.
- Use fusible binding tape around the edges.
- Use the small stationery clasps in the corners.
- Use snap fasteners or press studs in the corners.

Check out the options you can buy or have custom made here:

[My EC shopping directory](#)

P.S Be Flexible and creative - why not just use a regular towel, and a particular small mat that you can rinse off outside. Of all the spots on our rugs, baby wee is the non existent one - simply a non issue. Step on a wet patch with a folded up flannel and it is gone, just like that. Now, grubby fingers, dropped food - that's another story.

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Secret # 4

Maintaining a Basic Level of 'Opportunities' Will Keep You Both in Touch

In this secret you will discover how a minimal level of offers will help keep your connection through hectic times - it will keep you both in touch.

One of the common misconceptions about EC is the one of commitment – that it must be studiously practised all the time. That one is doing it 'wrong' or 'not properly' by using nappies. But this is not the case – EC is about your approach to baby's hygiene needs. Babies are adaptable beings, EC is adaptable too. In busy times, on crazy days, when baby is in a 'no thanks' phase, it is easy, perfectly sensible and normal to use more diapers and then focus in on your communication when life is more tranquil. These little breaks are common.

Think of EC as an ebbing and flowing process – I hope that isn't a really bad pun. In the big picture, things will be fine – be flexible, remember? Baby will become toilet independent. EC is flexible. Keep a level of awareness of baby's attempts at communicating, aim to support their needs within your lifestyle. Keep a sense of balance.

Consider these three suggestions:

1. **Life gets in the way.** No matter what comes, strive to find time for at least one potty opportunity per day. Make a commitment to fit a timing opportunity into each day, perhaps at the first nappy change or after a sleep – these are Prime Times. Preferably at the same time each day. This basic level of consistency will keep the lines of communication open with your baby – even if they don't take up that 'offer' every time.

2. **Share the offers around.** You don't need to be the one doing all the offering – in busy times the person who attends to baby at a prime time can offer them the opportunity to go. Older siblings can be a great help. (Know that at times babies may have passing preferences as to who they relax to wee with.) Even in crazy times this easily means a few offers for baby. The family is then keeping the communication open...

3. Go to the toilet with your baby. In the past, mothers with many children aimed to provide some level of consistency in their communication with their babies. For example my Grandma Ruth would take her current baby to the toilet with her and place them on the potty at her feet (once they had sitting ability). Easily achieved, and baby is also experiencing the normality of taking a moment from their activities to have a wee. Lots of mums find that their babies will need to go when they do, anyway.

Read more here about how 'usual' EC actually was in the suburbs just a couple of generations ago -: [My Grandma did EC too.](#)

**So, remember Secret #4 to developing your diaper free confidence:
Maintaining a basic level of 'opportunities' will keep you both in touch.**

Easing Into EC Tip #4: Catch Your Baby's Eyes...

Eye contact - experts tell us that a large amount of our communication is non-verbal. Your baby is certainly non-verbal, yet can communicate so much. When your baby next 'goes' in perhaps their nappy-free time or if you notice their diaper going warm, catch their eye and acknowledge their efforts; chat about it. It won't be long before your baby is trying to catch your eye to 'tell' you their needs.

So, Look into your baby's eyes and discover more than just cuteness...Look for the 'tinkle' along with the 'twinkle.'

Have fun connecting,

Charndra

P.S. See how EC works? You work on enhancing your communication consistently, in ways that you are comfortable with- while at home, *when you are feeling enthused.* At other times, baby is in a nappy - such as when you are not holding baby, or they are with other carers who are not comfortable with the idea yet. Have no worries about this - it is a gradual learning process for everyone, babies and EC are adaptable to these variations, so long as the lines of communication stay open.

[**Changing Table Guide to Secret # 4**](#)

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Your Changing Table Guide to Secret # 4

- Helping you add a little diaper free confidence to your life with baby.

The 7 Secrets to Developing Your Elimination Communication Confidence: Secret # 4 is about the times when life gets in the way of our plans. This is when your practice of EC can go into a 'holding pattern' while things are busy for whatever reason. A minimal level of wee breaks can keep your baby in touch with their body, and you in touch with your potty senses as you continue being just a little bit ***part time nappy free***.

Maintaining a basic level of opportunities will keep you both 'in touch'.

What are the 3 keys to staying in touch through hectic times?

- 1 Find the time for at least one potty offer each day - at around the same time.
- 2 Share the offers around - the whole family can keep the lines of communication open with your baby.
- 3 Take your baby to the toilet with you when you go - keep a potty available in the bathroom.

Remember Secret #4 to Developing Your Nappy Free Confidence:

Maintaining a basic level of opportunities will keep you both 'in touch'.

Easing Into EC Tip # 4: Catch Your Baby's Eyes...

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So, Look into your baby's eyes and discover more than just cuteness...Look for the 'tinkle' along with the 'twinkle.'

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My Grandma did EC too.

***"Doesn't everyone do it this way? It's Easy."* – the loss of a social norm.**

I have talked to my Grandma several times about going diaper free. When I explained how it worked, she said that she did the same with her seven children. She said that my Great Grandmother also did the same with her six children.

In fact, as my Grandma was the eldest of six, she helped care for the younger ones when her Mum was out working for extra money. She said she worked out pretty quickly that 10 minutes after a drink was when they'd go, and said that's what most of us do to keep the balance of what goes in and out. So, she had learnt this way while growing up - it was the done thing to help them learnt from their early months, and begin moving out of nappies more so around one.

She said she started when they were three or four months old, as they wet so often before then, and that she would hold them in the same classic position we use, over a bowl, a bucket, the toilet, a nappy or some newspaper. I guess they threw the newspaper into the fireplace, as she also mentioned that my Great Grandma used newspaper as well. She held them out for a wee or poo when they awoke, and always ten minutes after a breastfeed, or later when they ate or drank, as that was their pattern. One difference is that she didn't use a cue sound - had no idea what I was talking about with that one. I guess that skill had been lost by that stage. I know I have found a cue sound to be very helpful to My son as I invite him to have a wee. Instead, what she did was say "Come on", and they'd go. A word cue in place of a sound cue.

"You don't let them just mess themselves when you can help them..."

She also gave them an opportunity when they awoke from sleeps, at diaper changes and when they obviously needed to go, such as for poos, so "They didn't have to mess themselves". She used nappy back-up full time as she had many children and jobs to do around the place, and of course, this method worked perfectly fine. They were always in cloth diapers.

She thinks cloth nappies (They used to call them 'napkins' or 'baby napkins') are the best thing to use at home, so the baby and mother is aware, but that disposables would have been great for going out and for nights, as obviously she did not attend to any night time needs with a house full of children. Not surprisingly, with many young children she commonly had about two dozen diapers and a couple of sheets on the line every morning, so any to be avoided with a spot of attentiveness was a bonus. She used cloudy ammonia and the sun to keep them white.

Take your baby to the toilet with you- an easy timing strategy

Once the baby could sit, she would take the baby with her every time she went to the toilet, and put the babe on a potty in the corner, and they would usually go then. Her father, my great grandfather, made her a little wooden seat with a hole in it for the baby to sit on. The bowl would sit underneath this seat, and that was their potty. She didn't like having a potty around the house.

"Children never wear nappies over summer..."

Another thing she said was "Children never wear nappies over summer - they just run around outside. It is too hot for diapers" Chuckle. The fact that it was just so NORMAL for her is amazing considering the 'pee phobia' so rampantly promoted these days. She said it is best to help them to use the "toilet" as soon as they are able to, sometime after they begin walking, so they don't just stay in nappies. It was better for Mum and baby.

The children finished at various ages of course, but she couldn't remember when. The boys always finished later than the girls. The children were out of full time diapers sometime between one and two, though they still had some accidents. They would go to their little potty seat in the corner of the toilet whenever they needed to go, once they could walk there. When they were older and walking she would give them a jelly bean for using the pot and they enjoyed it.

She was amazed when I said people are told these days that babies have no awareness or control and that they are told to keep them in nappies full time until three or even later, and that some children are still in diapers at five, or even later at nights. I told her how this was just propaganda by the diaper manufacturers so that

they could make much more money by getting people to believe this. She thought this was strange.

How my Grandma has inspired me...

I was telling her recently how she is part of the reason I was inspired to start developing the 'Part time Nappy Free' site for Tribal Baby - by the fact that, if she can do this with seven children, so can the rest of us with our own, by and large much smaller menageries.

It was funny. She was SO confused about WHY I would have a website on this topic:

"Doesn't everyone do it? Everyone did it back in my day - you just hold the baby out. It's easy - you just hold the baby between your legs over a bucket with some newspaper in the bottom or a napkin"

(Napkin was the word then for cloth nappy - which were a yard squared, cut out of whatever towelling was available - old towels usually)

I talked again about how no, this knowledge has been totally lost in most places - children are in nappies for years. She said "What, they just let them mess themselves?" I said "Sadly, yes - People simply have NO IDEA this is an option. It just isn't fair that parents are denied information about even the basic concept of helping their babies to go to the toilet now and then - as it really helps the baby - and this REALLY helps the parents to learn about and respond to their babies."

My ideal world would be just that - for anyone to have access to these basic elimination communication skills, to suit to their lifestyle just as my Granny did. In between, they always wore a diaper - she took the current baby to the toilet with her when she went, and 'held the baby out' to wee after naps and to poo when they clearly needed to go. After all, you didn't want to let them 'mess themselves' with poo if you were there to notice. Far easier to just catch it on a bit of newspaper and toss it in the fireplace or compost.

From the loss of a cultural 'norm' to re-discovering it all a generation later.

Set Your EC Approach to Positive: Remember the 7 Secrets. Visit www.TribalBaby.org to buy the full eBook...

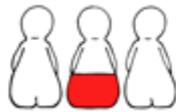
How amazing that here we are a few decades later re-learning a method of baby care that was once so normal it had no name. It was fantastic to realise we had all this in common, a generation apart. It goes to show that the knowledge is not all lost in the community - it may still even be in your own family.

"It is astounding that a thousand generations of knowledge and experience can be wiped out by a single generation of ignorance."

S. M. Richards

It is so true in this instance - a spot of scare tactics, a change in social norms, a new product and clever marketing - and something like 99% of babies are in disposables.

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Secret # 5

Connecting Daily With Your Baby Builds Your Confidence

In this secret you will discover how having daily close physical contact builds your confidence in communicating with your baby.

"Every day has its own sweetness provided we learn to recognise and enjoy its essence." Vasuprada Kodati

What are the 3 keys to connecting with your baby physically?

1. **Holding, carrying and wearing your baby** regularly will help you have a keener awareness of baby's needs – the close physical contact amplifies your connection, and skin-on-skin contact encourages signalling from baby – they instinctively want to avoid peeing on you. Babies are feeling beings – think about how so much of our communication is non-verbal – tap into this intrinsic knowledge and learn from it... This is why people practicing EC often hold, carry or wear their babies – such close contact helps you to 'read' your baby. Babies both enjoy (relish) the closeness and benefit from it in many ways.

2. **Any sort of physical contact** – skin-on-skin contact during feeding, dancing, baby massage and bathing together all enhance your sense of a physical bond and emotional connection, aiding in your awareness of baby's subtle body language and muscle tension changes. Holding your baby makes it much easier to pick up changes in their behaviour that may be elimination signs.

3. **Closeness helps you to tune into your intuition, or your 'baby radar'**. I say, "My potty sense is tingling" at these moments, and offer baby a toilet break as soon as I can. Be open to what you may sense. Practise responding. Be curious about interpreting messages – they may have a different meaning than your first inkling. Use a cloth draped between baby's legs for back-up, and ease of offering toilet breaks during these moments together. Simple – risk protection, yet ease of pottying access.

[Read more about Baby Wearing and EC...](#)

**So, remember Secret #5 to developing your nappy-free confidence:
Connecting Daily With Your Baby Builds Your Confidence.**

Easing Into EC Tip # 5: Ask Another Question...

Your baby is grumpy or cranky or grizzly and you're not sure why... Is it thirst? Is it hunger? Is it a burp or a bubble? Is it a farty bum? Do they need a diaper change? Now, add another question: Is it a full bladder? Does your baby need to wee? Does your baby need a poo?

So, add the 'Is it an EC?' question to your unravelling of what baby needs when they fuss or cry.

Have fun connecting,
Charndra

P.S EC is an approach to baby hygiene that is quite different to conventional toilet training. This is difficult for most people to get a grip on - that EC is process oriented, not goal oriented (I.e. Toilet independence is the long-term result, not the short-term aim). There is a thrill factor that 'catching' brings almost everyone who practices EC - that lasts right through the whole EC experience - the thrill of 'clicking' with and celebrating each communication with your child - priceless, free joy.

[Changing Table Guide to Secret # 5](#)

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Your Changing Table Guide to Secret # 5

– Helping you add a little nappy free confidence to your life with baby.

The 7 Secrets to Developing Your Elimination Communication Confidence: Secret # 5 is about how simple closeness helps you to become ***part time diaper free***.

Connecting Daily With Your Baby Builds Your Confidence.

What are the 3 keys to connecting with your baby physically?

1 Regularly holding, carrying and wearing your baby will give you a keener awareness of your baby's needs.

2 Any physical contact, skin on skin time, will enhance your 'baby radar'.

3 Closeness helps you to tune into your intuition. Notice: "Is your potty sense tingling?" Offer a wee break.

Remember Secret #5 to Developing Your Nappy Free Confidence:

Connecting Daily With Your Baby Builds Your Confidence.

Easing Into EC Tip # 5: Ask Another Question...

Your baby is grumpy or cranky or grizzly and you're not sure why... Is it thirst? Is it hunger? Is it a burp or a bubble? Is it a farty bum? Do they need a nappy change? Now, you can add another question: Is it a full bladder? Does your baby need to wee? Does your baby need a poo? (Best of all, you'll know ways to help them as well.)

So, add the 'EC?' question to your unravelling of what baby needs when they fuss or cry.

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Wearing your Baby is a Powerful Tool to Reduce Your Reliance on Nappies.

Baby Wearing and Learning Infant Pottyng are a Great Combination for Enhancing Your Communication with Your Baby in Many Ways.

(Imagine every time you picked up your baby you whipped off their diaper - as you just KNEW it wouldn't be needed...)

Baby wearing is a key aid to developing your nappy-free confidence. Basically, the more you hold your baby, the less you will need to use diapers. They simply become a hindrance to your connection.

We spend a lot of time holding, moving, carrying our babies here and there. They often simply NEED to be held. Baby Wearing is a way to make that easier - to give your arms a break. When wearing a baby who is part time diaper free, you can more easily 'tune' your baby radar to sense their need to go - as you are right there in close contact with them.

5 simple keys to success when wearing the part time nappy free baby

Baby wearing helps me care for my baby in so many ways. Early morning, he 'wakes up' in the sling before going about his day. On outings, it is a boon to quick trips in and out of the shops, keeping baby (now toddler) held close and safe.

The close contact, non verbal communication, conversations and kisses enable me to fully enjoy the in arms stage of his life. We share warmth, touch, viewpoints, conversations with others and life's experiences. As humans are a carrying species, carrying our babies is what they expect, and they soon relax so close to our bodies - even after a full emotional storm or big bump on the head. We are just as soothed by smoothing them in the sling and kissing their snuggled in head.

Baby Wearing Builds EC Confidence

Wearing your baby really helps you to be in tune with your baby's needs. It turns up the volume on your 'baby radar' and kicks into action your motherly or fatherly intuition. You simply learn, and then begin to 'know' when your baby needs to go to

the toilet. Parenting becomes simpler - you need your baby and a sling, that is all. That sense of being a primal mother/infant 'dyad' really becomes the truth. Babies need to be in their parents arms, and toddlers love to be there just as much.

Baby wearing is my number one solution to a 'missy' day. These days he'll practically pitch a fit before peeing on me in a carrier. Many a day I have worn him just to avoid having misses. I had to wear him for an entire week at 10 months as we had workmen renovating our ensuite - I only had a miss during the few times he was on the floor, and had several completely EC perfect days - so COOL.

Baby wearing is an excellent way to boost your EC confidence through the mobile stage when baby starts crawling and there are more misses with their changing signals and patterns.

Whichever sling or carrier you use, expect to have a stage of adjustment as you learn to recognise baby's signs and signals, and then to react in time. It is easier than you might think by following these 5 simple keys to success:

1. Choose a carrier that has good 'poppability' – that is, you can fairly easily work out your own system of quickly popping baby out and back in for a wee break. Use more structured or snug wraps for when baby is sleeping on you or is wearing a diaper.
2. Practice at home. Pop baby in and walk around when baby is feeling calm and in a good general frame of mind, so they don't get spooked by the new contraption. A good first time for using a new carrier is when they are due for a sleep – pop them in and head out for a walk so they fall asleep and wake up in there and you can pop them out for a timing wee when they awaken.
3. When learning baby's signs, ALWAYS put them in the carrier AFTER they have just done a wee – this way you know they are more likely to be relaxed and feel comfortable. Plus, you will have a space of time of this 'normal' behaviour before the need to wee changes their behaviour.
4. At first, use a cloth nappy on the baby to protect the carrier, perhaps loosely on the baby so you can remove them swiftly for a pee-op, or wrapped around or

sitting under them (though it is tricky to arrange at first. You might even settle baby in the sling, make a note where their bottom is by looking in the mirror and marking the area with some chalk, then putting a backup cloth in that area for a time.

5. Be aware of sudden changes in baby's behaviour that may indicate their need to go. Based on your feel of their patterns and timing, pull them out and offer a wee...

There is a simple equation with practicing EC and baby wearing:

The more you hold your baby, the less you will need to use nappies.

This is because we are a carrying species, that is, baby expects to be carried and it aids in their normal development.

Before long wearing a baby simply means nappy-free time, as it is SO much easier to respond, and diapers just get in the way.

5 common signs for a need to go while in the sling (and it will depend on the type of carrier)

- changes in baby's body tension, general body language (use your awareness)
- sudden noises, uncomfortable noises from smaller babies, Vocal calls from older babies and toddlers
- twitching, tensing, straightening legs, pulling up their legs, straining at the sling.
- A feeling of warmth on your own body – as if baby has had an accident (yet no accident there.) – this is known as the 'chi-pee', 'psychic pee' or 'phantom wee'.
- Facial tension changes, eye contact, frowning.

Recommended Carriers For EC Ease:

A ring sling, The Ergo, Pouches

Learning to wear baby

Well, I love baby wearing, love the philosophy, the reasons behind it, the benefits, and the closeness. However, I found it tricky. Many a time I threw the sling against the wall in frustration. Having no help in real life was a major bummer. Reading instructions on the internet and looking at photos wasn't enough for me - there was always some little bit I didn't get. I'm sure seasoned baby-wearing experts would have laughed at the dramas I had. Turns out they are pretty common.

We had very good success with the red polar fleece sling - only when going for a walk would he go off to sleep in it - so we did this every day. Then I made a wrap sling, and that was useful for a while. I used an ABA Simplicity Sling for some months - didn't realise it could be a back carry until I'd moved to a ring sling. I managed the kangaroo carry at last with the ring sling - he was happy in it, but not so good for EC as he is sort of in the classic position that way. At seven months I could do the hip carry (after wrenching my back trying it at 6 months.) and that was the revelation stage for us - I could carry him diaper free in it, and respond SO EASILY to the warmth signal on my hip.

Of course, in time I DID learn how to use carriers, and eventually even met others who used them.. I went to a baby wearing class run by Jenny who founded The Baby Wearer and Kate of WildSlings, learnt all the little minutiae I needed, tried a bunch of different carriers, lovely.

Find Online Discussion Forums full of Baby Wearers

Online babywearing forums are great to learn about types of 'holds', though it is really hard not to catch the 'stash bug' and start buying more and more carriers - ugh, they are so beautiful, and textural, and one just wants MORE. People chat endlessly about 'ties' to use, fine-tuning carriers, their new acquisitions and arrange local meet-ups, advocacy and arrange co-ops to buy unusual carriers at group discount prices. Occasionally you become 'Stash Happy', meaning you aren't buying more carriers... I only have about 10 or so I guess - but I'd love to have a few more...

The 'In-arms' Phase

This stage, during the baby's first year in particular is so important for many many reasons. It is hardly surprising then that practising EC with a babe in-arms, and 'attached' is easier and the way to go in building confidence and a strong connection, and in getting your connection back on a 'rainy' day.

[The Importance of the In-Arms Phase](#)

Wearing Baby

When he was little I'd wait until he had done a pee before putting him in the sling. After a while he'd begin to squirm uncomfortably - I'd take him out and he'd pee - I had good success learning his signs this way - I remember the first time I was successful - it was SO exciting.

Carrying Your Baby - Why Wear Your Baby?

Improving His Muscles

I'm certain being in the sling improved his muscle control faster, and helped him have a better awareness of his body sensations, and so he signalled strongly in the slings. Perhaps due to fewer distractions, the closeness or the natural desire not to pee on Mum.

Responding To Signs

At first I found he just peed when I put him in, as I couldn't tell what were 'pee sign' and what were 'I'm pissed off in this weird contraption' grumbles. Over time it improved. I'd be aware he was making little noises and squirming, and sure enough - he'd pee when I took him out for a pee break. At last, a new sign and a new way to respond and communicate.

Pee Frequency while Wearing Baby

When I wear him, instead of going half hourly or less while wandering the floor, he will go once per hour, even to the minute - it is odd pulling him out at twelve minutes past the hour for three hours in a row. I often feel very relaxed with him in a carrier as I know he will clearly signal me, so I just carry on...

Adapting Your EC Senses to Different Carriers

I spend a bit of focussed time learning how his signs feel differently in each new carrier I get, usually over a couple of days, which always means a few misses.

Tips Again for Practising EC with a Sling:

- Practise around the house.
- Practise when baby is happy.
- Wait until baby has had a pee, then put them in the carrier so that you have some 'normal' behaviour with a relaxed baby to compare to. When the babe gets anxious or squirmy, you can be aware of the change and respond to a possible 'pee sign'
- Have a waterproof nappy on for a while when learning. Who wants to wash the sling all the time?
- When feeling more confident after responding well for a while, use a cloth diaper, or a flannel between their legs - although I found this tricky to arrange. Wrapping a cloth around them is ok too.

Check out [YouTube](#) for great Baby Wearing Videos.

For instance, The Chitenge is the name of a piece of fabric that is used for many different purposes - one is for wearing the baby. Here is a video of how it is done from YouTube: [Chitenge Back Carry](#).

Browse from this video to see other baby wearing videos, to help you gain familiarity in doing the wraps and ties.

Online resources supporting baby wearing that have helped me:

[Wear your Baby - The Mamatoto Project](#)

So, is it time to 'Upgrade' to a more comfortable carrier?

Do you want to 'upgrade' your carrier from one of those cumbersome front-carry things with hooks and straps and dubious back and hip support that often give people a sore back and then put them off baby wearing? Start at [The Baby Wearer](#).

[The Rebozo Way Project](#), in particular the articles section has valuable insights and evidence about the importance of in arms parenting. - This article about how important it is to pass the baby around to other carers for one's own balance is one I

Set Your EC Approach to Positive: Remember the 7 Secrets. Visit www.TribalBaby.org to buy the full eBook...

read before my son was even born, when I was reading everything related to in-arms parenting. It is called [**Reflections on Constant Carrying.**](#)

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Secret # 6

Keep Your Expectations Realistic

In this secret you will discover how developing a realistic expectation of where your baby is 'at' in the process will help you feel at ease when you practice EC part time.

"Success generally depends upon knowing how long it takes to succeed."

Charles de Montesquieu

Parents can become overwhelmed when feeling as if their baby is not doing as it 'should' be, or shows a new ability to communicate but is very haphazard about displaying it again – is baby regressing? Are you doing something wrong? This variable progress is actually very normal – natural toilet learning is gradual, so this is to be expected.

Trust the process – young children will strive to model the behaviour around them as they mature and become capable, so they will naturally want to do what the rest of the family is doing. Constant change is normal for babies in all that they are – you already know that – EC learning is no different. Expecting baby to be 'toilet independent' or signalling consistently and clearly by arbitrary ages is a sure fire way to become overwhelmed, disheartened and even get EC burnout -you don't want that.

Keep three key points in mind:

1. **Expect baby to be irregular** about signalling, patchy over their body control and awareness until they reach consistent toilet independence – and even then they will have the odd mishap. You will still be amazed by the ongoing glimpses of remarkable communication they share with you.
2. **There will be wet nappies**, or wet pants right the way through until they take over themselves – our role is to simply help them stay dry by offering toileting opportunities or changing them promptly, and helping them learn about their bodies and how to communicate with us. It is a dynamic, imperfect process for sure. Do EC for your baby, not to 'train' early, not because of diapers – just to help your baby, and your relationship with your baby – as EC will help you to feel more connected to your baby, which makes parenting easier.

3. They are simply on a learning journey. Thinking of new skills popping up now and again as a glimpse into what will be common in the future is a useful way of seeing this progression – rather than that baby is forgetting or regressing. Although EC'd children generally develop toilet independence earlier than their fully nappied counterparts, this is NOT the goal – the communication is the goal, the connection.

So if you 'expect' the process to take over two years, you will not be disappointed. Meanwhile you will avoid a heap of nappies, save a fortune and enjoy daily rewards of positive connection with your baby – wonderful.

So, remember Secret #6 to developing your nappy-free confidence: Keep Your Expectations Realistic.

Adventures in Part-Time Pottyng...

Reading about the experiences of a range of other parents doing EC part-time really helps keep a realistic feel of what stage others are at, and realising that there is a range of normal – babies are all individuals, (as are families) - and they all get there in the end. Reading about how EC is practised in other societies and in other times also helps build your understanding.

Discover more here: [Adventures in Part-Time Pottyng...](#) Read about the adventures and experiences of families who have and are practicing EC. See the wide range of regular people no longer doing 100% diapers.

Easing Into EC Tip # 6: Listen to your baby's sounds and breathing...

Your baby's breathing rate and audibility, as well as the sounds they make, can be a clear sign of the imminence of their need to go. You'll become more aware to listen carefully for increased breathing rate or volume as they wee in their diaper or on a mat during nappy free time. Breathing in a relaxed way yourself also helps them relax to go - as they will mimic as well as respond to your body cues.

So, listen to your baby as they breathe in your quiet times together and wonder what those baby sounds might be telling you.

Have fun connecting,
Charndra

P.S. My baby went through many stages of increased accidents in his learning cycle – the trick is to support your own sense of comfort as well as supporting baby’s learning. For instance, on outings we ALWAYS used some form of protection whenever he was ‘independent’ – crawling or walking – until he was around 14 months – as he began vocally signalling and was more communicative about his needs when out by that stage. He had a few wet pants, sometimes we used EC pants (training pants) on visits if I felt we needed to, being flexible. He wasn't independent at this age, we cooperatively kept him clean and dry. Nevertheless - he was diaper free.

The EC alternatives, like 'OneWet Pants', 'Shi Shi Nix', and 'EcaPants' become a more practical option. Whenever you reach this stage, nappies are more of a hassle to use - especially as your toddler wants to keep moving.

Nappy-weaning... is gradual with EC too.

Be reassured there is a 'cross-over' stage where you are practicing transitioning out of diapers into alternatives that still offer you peace of mind, but without the drawbacks of nappies. That's why parents are offering them for purchase from their online shops.

[**My directory of Elimination Communication Stores**](#)

[**Changing Table Guide to Secret # 6**](#)

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Your Changing Table Guide to Secret # 6

- Helping you add a little nappy free confidence to your life with baby.

Secret # 6 is about how knowing what is to be expected as 'normal' will help you to not get worried or frustrated while becoming ***part time diaper free***.

Keep Your Expectations Realistic.

What are the 3 keys to keeping your expectations realistic?

1 Expect your baby to be irregular in their communicating - they will be. Be part time nappy free - it's so freeing!

2 **Practice** EC for the communication - not to 'toilet train' early - just to help your baby be **comfortable**.

3 Know that you are both on a learning journey - expect it to take over two years for independence to *fully emerge*.

Remember Secret #6 to Developing Your Nappy Free Confidence:

Keep Your Expectations Realistic.

Easing Into EC Tip # 6: Listen to your baby's sounds and breathing...

Your baby's breathing rate and audibility, as well as the sounds they make, can be a clear sign of the imminence of their need to go. You'll become more aware in your quiet times together to listen carefully as they wee in their diaper or on a mat during nappy free time. Breathing in a relaxed way yourself also helps them relax to go - as they will mimic as well as respond to your body cues.

So, listen to your baby as they breathe in your quiet times together and wonder what those baby sounds might be telling you.

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Secret # 7

Get Started, and Keep Learning.

In this secret you will discover how to access support on your EC journey, and that a key insight is to see EC as a gradual process, an integrated part of your lifestyle as you begin reducing your reliance on diapers.

When I first learnt of EC, I was instantly intrigued, and knew it was something I wanted to do with my baby. Are you the sort of person who strives to learn more, to gain wisdom?

"The beginning of knowledge is the discovery of something we do not understand."
Frank Herbert

I wanted to learn everything I could about connecting with our baby through an EC relationship. It was such an avenue for greater awareness and an enhanced bond of understanding between us. Plus, it is not all that simple, even though it is in essence extremely simple to do. There is a lot to absorb and understand to be able to integrate this ancient practice into your modern lifestyle. Learning the keys (The 7 Secrets) make it much easier – you know then how usual 'misses' are in the process, and understand the many ways to ensure those 'misses' don't become 'messes', and know how important it is to relax and be light-hearted about the entire thing. Building your personal knowledge and understanding, your own unique experience of EC will help you.

Here are 3 Suggestions For What To Do Next;

Be Relaxed. EC is a journey.

"The journey not the arrival matters." T. S. Eliot.

EC is more like a gradual marathon than a focused sprint. Decide to be in it for the long run, supporting your baby to achieve toilet independence in a gentle unfolding way, in their own time, rather than a sprint to the finish at some point at which

society decides they should be 'trained', several years and thousands of nappy changes from now.

Instead:

Imagine moving from full-time diaper use to part-time nappy-free confidence, then diaper freedom at the right time for you and your baby. You can minimise (and at times eliminate) the need for nappies, and yet still use them at other times as is necessary – but it is your choice, no longer something you have no choice over. You'll have an increasing understanding of your baby, rather than seeing them as a being with no control over their bodies at all for years. In time you will gain much intrinsic skill as you make this almost-lost knowledge your own once again.

Get Started.

You can get started in building your own knowledge of EC. Use nappy-free time as an avenue to commit to developing your diaper-free confidence. It is probably something you already do, and see the importance of, so that is the perfect way to begin. Spend an hour each day with baby nappy-free on a mat, and do nothing other than make a cue sound, such as 'sss' or 'wee wee' when they do a widdle on the mat. This is enough to begin, to help them to notice what their body is doing – an important aspect of elimination communication, keeping them in tune with their own body awareness. Notice if they make any noises or facial expressions as they go.

You can learn from other parents.

Joining online communities is a helpful way to find people who you can chatter about EC with. Or start a thread on your favourite forum about using diapers part time – people are often curious. You'd be doing me a great favour by sharing this eBook, The 7 Secrets to Elimination Communication if they are curious.

You can share what will soon become your own unique knowledge about your baby and be able to inspire others with your stories. Know that you will experience triumphs and challenges in your journey – these are the times when connecting with other parents who share your enthusiasm and interest in EC becomes invaluable and reassuring. It is also pretty easy to spark people's interest, and before you know it there may be a community of part-time diaper-free people around you.

Discover More: [How to Get the Most Out Of An EC Forum](#)

Always remember EC is a way of helping your baby to learn and grow as you connect with them, striving to enhance the relationship that will endure into the future. Have FUN as you practise connecting daily with your baby. Practising EC with your baby is a practical and positive way to enhance your bond, benefit the Earth and boost your budget.

The 7 Secrets. Remember them. They'll give you a refresher and general tune up if:

- You are having 'a Rainy Day',
- You are experiencing PMS, aka 'Pee Miss Syndrome' (yes, they are often related),
- Your 'Baby Radar is on the Fritz',
- Your 'Potty Sense' has gone out the window,
- Your baby is going through some sort of phase resulting in a 'potty pause'
- You need to reconnect after a break or setback in your EC practice.

So, remember Secret #7: Get Started and Keep Learning.

Easing Into EC Tip # 7: Give Yourself 3 Months...

It's all new to you and your baby. Give yourselves three months, from whenever you start, to get a handle on this EC thing. Three months to practice and anticipate, make great catches together as well as get frustrated at other times. Keep going, it will get clearer by three months, that you'll definitely not be using nappies 100% of the time.

So, be light-hearted, be easy on yourself - as baby grows, so will your 'baby radar' and 'potty sense'.

*"Develop a passion for learning.
If you do, you'll never cease to grow."
Anthony J. D'Angelo*

Discover More About: ['Part Time EC: A Personal Guide to Developing Your Elimination Communication Confidence'...](#)

Have fun connecting,

Set Your EC Approach to Positive: Remember the 7 Secrets. Visit www.TribalBaby.org to buy the full eBook...

Charndra

[Changing Table Guide to Secret # 7](#)

Bonus: [How to Get the Most Out Of An EC Forum](#)

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Your Changing Table Guide to Secret #7

The 7 Secrets to Developing Your Elimination Communication Confidence: Secret # 7 is about how important it is keep an open mind, keep learning more as you become more ***part time nappy free***.

Get Started and Keep Learning...

What are the 3 keys to moving forward?

1. Be relaxed: Practicing EC is a journey. Imagine the flexibility of being part time diaper free - freedom and safety!
2. It is easy to start with some nappy free time each day - already your baby will be 'on' a (flat) diaper rather than 'in' one.
3. Learn from other parents. [Discover more with my eBook...](#)keep learning.

Remember Secret #7 to Developing Your Nappy Free Confidence:

Get Started and Keep Learning...

Easing Into EC Tip # 7: Give Yourself 3 Months...

It's all new to you and your baby. Give yourselves three months, from whenever you start, to get a 'handle' on this 'EC' thing. Three months to practice and anticipate, make great catches together as well as get frustrated at other times. Keep going, it will get clearer by three months, that you'll definitely not be using diapers 100% of the time anymore. You'll be part-time nappy free.

So, be light-hearted, be easy on yourself - as baby grows, so will your 'baby radar' and 'potty sense'.

How to Get the Most Out Of an EC Forum

You're planning on joining an elimination communication forum? They are full of useful information and loads of experience - of parents who started out - just as you are - curious about this 'new' (yet ancient) concept.

Expect to see Elimination Communication described as many different terms: Infant Potty Training, EC, Natural Infant Hygiene, Diaper Free, Nappy Free... it all means the same thing really.

Here are some tips to keep in mind...

You'll be joining a diverse list of parents with different aged babies and children who are at varying ages and stages of practicing EC. That is the key point to keep in mind - 'stages of EC'. You may feel overwhelmed that everyone posting is 'better' at EC than you are as they are diaper free or nearly nappy free, seem to 'know' their baby's signs when you have no idea, can have long 'dry streaks' when you are catching intermittently with no seeming pattern...

The thing is, they didn't start out that way.

They started out just like you - curious to read a bit more about this concept, trying it out as an experiment, finding their baby liked it and so did they.

They fumbled all over the place, mis-timed offers by moments for day after day it seemed at times, felt they had NO intuition, felt they would never catch their baby's poops as they were such 'stealth' poops. (They WILL become more regular in time.) Some are practicing EC the second or third time around - these folks are quite likely to have more confidence than someone doing it for the first time.

But they kept practicing...

As your baby looks up at you after a 'catch' and you see that "Wow, How amazing am I, Mum? You GOT it." expression on their face - BAM. It is SOOOO addictive when you get the whole connection thing going on.

In TIME they used less and less nappies, until they move into other forms of back-up. You will, too.

People get more chatty and experienced about EC as they become an 'expert' with their own child, and from absorbing the wisdom from other parents on the lists. They talk more online, and it can seem only the full-on EC Mammias are talking about and doing EC - but there are all sorts. Your EC confidence will grow...you will become an "EC Expert" on your own child, and be able to share those experiences with others.

Of course, if you are focussing on a more diaper/ nappy-free stage of EC, (because your baby is now older or a toddler) you will have more questions and chatter than if you are happily sailing along catching poops to reduce your diaper / nappy washing burden or disposables budget. This can seem daunting, but don't worry, you will get there too, inevitably.

It may seem intimidating that they are doing night time EC, or that everyone talks about bed sharing and baby wearing. These things can help our EC connection, and if you are co-sleeping, night EC is a natural extension to try at some point. Baby wearing is a great way to learn baby's subtle messages, that is why it is often discussed in such a forum as this. It is a common practice with babies after all. Perhaps it seems everyone is changing their diet? Some Mums find it extremely helpful, others that they need to do nothing (lucky them.)

" A rainbow was created with unique and different colours; together they stand out as one whole beautiful thing. So are we." Katya Bertrand

No one HAS to do anything, you are just having fun learning with your bubba or tot and sharing it with others in a safe place. (Most lists are private, all are 'registered posters only' to keep out the weirdo's.)

Plenty of parents are happily using timing for catching wees and poos at Prime Times, such as at diaper changes (or if the baby's nappy is dry when you check it) and when baby wakes up - and find the ones between very elusive. Everyone has 'rainy days' - just power through those pees. All this is very normal as some babies are very subtle in their wee signs - plus there are so many of them - always more time to 'practise.'

When you're wondering what to do next:

"Do something. If it doesn't work, do something else. No idea is too crazy." - Jim Hightower.

Practise is all experience for you and your baby – they learn and learn and observe – even if at stages seem to go static with their EC cooperation. It is amazing how in time, one day something you have been doing now and then for months suddenly 'clicks' and you've got a new way to communicate. (Such as using a sign at potty times)

Often people find it easier to 'catch' before baby becomes mobile – then it all goes up in the air for a while as mobility develops. This stage passes too. Keep in mind that:

There is always SOMETHING happening that fluffs up 'Perfect EC' – this is because there is no such thing. Life happens – it gets in the way.

NO-ONE catches all the wees and poos – EC is a way of life, an approach to gradual toilet learning, you can do it to whatever degree of attention you like at different stages, it is still practicing EC.

I think this quote is very relevant to extending ourselves now and then with EC:

'If you are ever going to see a rainbow, you have got to stand a little rain' - Anon.

You are attempting to communicate with your little one about their elimination needs on a regular basis, and helping them learn about their bodies during your potty moments together.

People are using diapers full time while ECing full time. They are part time diaper free. They are using disposables. They are using modern cloth. They are ECing at home, but diapering/ napping when out. They are ECing in the day but using nappies at night. They are no longer needing to use diapers as they are past that stage (but they may go back to them now and then, use them in certain situations.) They are practicing EC with one child, or with a houseful of children. They are experimenting with what works and doesn't for their family and their particular ECing baby. All sorts.

All are ECing. Your personal goals for EC are whatever you like, and what suit your family and child.

ASK your seemingly 'silly' questions - everyone has asked them. I ask them still. Share your insights - they will help others. Don't worry that it may have been said before - it may not have been. Even if it has, people benefit from reminders, and you can be sure there are others on the lists who haven't heard or thought of your insight - you can help them.

People are on the EC support forums as they want to learn more - even if you have only a little EC experience - something you know will help other mums on the lists - I see it all the time, I am CONSTANTLY helped in my parenting / ECing journey by little gems of insights from parents on the lists - even if they have ONLY been doing EC a month.

People are on the EC support forums as they want to help YOU and to share their enthusiasm about EC, to celebrate the joys and moan of the frustrations with others that can appreciate both.

Remember this quote when you hit a rough patch in practicing EC:

'A problem well stated is a problem half solved.' -Charles Franklin Kettering

Simply writing your question / query / issue down can give you a clearer perspective and has been known to make it go away. Be sure to check out the Search function or Archives for responses on Frequently Asked Questions.

Have fun connecting,

THAT is the thing to focus on.

Charndra

P.S. Always keep in mind that you are 'practicing EC' - you get it 'right' as often as you get it 'wrong' - this is why misses don't matter - EC is about the journey with your baby. Keep practicing - they will use the toilet independently in time - EC is an

enjoyable way to connect with them about such a big part of their experience, something we can do many times a day or once a day.

Email Communities and Discussion Forums:

[International EC group](#)

[Natural infant hygiene for Newbies](#)

[Born Ready Forum](#)

[MotheringDotCommune EC forum](#)

[Diaper Swappers EC forum](#)

[Late starters group](#) (for babies over 6 months)

[Australian and New Zealand group](#)

[Live Journal EC Community](#)

The [Diaper Free Baby](#) Organisation has more regional groups...

Here's just 5 of the parenting books and sites that I found most supportive:

- [Our Babies, Ourselves: How Biology and Culture Shape the Way We Parent](#), by Meredith Small
- [The Science of Parenting](#) by Margot Sunderland
- [The Continuum Concept](#) by Jean Liedloff.
- [Kellymom](#) – Parenting and Breastfeeding information www.kellymom.com
- The Natural Child Project <http://www.naturalchild.org/>

These will lead you to other resources supporting the natural and gentle parenting way of life.

Take Care, and have fun connecting with your baby through EC.

Charndra Josling

P.S. Special Message to Expectant Mums follows;

This eBook is a gift to you from www.TribalBaby.org

A Special Message For Expectant Mamas...

Here's a few tips just for you:

Make the most of your baby shower. Ask for what you need 'more' of - Perhaps say you've already got plenty of 'onesies', overalls, and ask for tops and bottoms, baby legs, big socks and waterproof mats.

Be thrilled over gifts of nappies, you'll use them, can give them as gifts or sell on ebay if you have simply too many boxes...

Take your time beginning EC - getting breastfeeding established is the most important gift for your baby. Be prepared, ask for support, help the first niggle of doubt you have. **You can overcome any barrier.** Get through the first 12 weeks!

Visit The Australian Breastfeeding Association www.breastfeeding.asn.au, or La Leche League International www.llli.org for support – the mothers are there to support you. They are extremely highly trained (more so than a lot of health care providers, who may have had NO training in breastfeeding) and they want to help YOU.

I have a page on using positive visualisation and self hypnosis for a positive birth experience called Hypnosis for Birth at [Tribal Baby.org](http://TribalBaby.org). Check it out – it may change your life (the information there certainly changed mine).

Hypnosis for Birth Resources to Explore:

[Hypnobabies Home Study Course for Expectant Mothers Plus 2 Bonus Cds](#)

[Hypnosis for an Easy Pregnancy CD Set](#)

[Peaceful Sleep Now for Expectant Mothers Cd](#)

[Eliminate Nausea Now Cd](#)

[Baby, Stay In! Cd for Pre-term Labor](#)

[Come Out, Baby Cd, to Help Labor Begin](#)

[HypBirth: Natural Childbirth Preparation Kit \(DVD\)](#)

[Hypnobirthing: The Mongan Method: A Natural Approach to a Safe, Easier, More Comfortable Birthing \[With CD\]](#)

[Hypnobirthing Labor /Birthing from the Inside out](#)

[Deep Relaxation for Childbirth 1](#)

[Hypnobirthing - The Original Method](#)

[Blissborn Homestudy Program: Complete Natural Childbirth Education](#)

[Hypnosis for Birth CD 1](#)

[Hypnosis for Birth 2](#)

[Hypnosis For Giving Birth, Healthy Labor And Pain Control, Pregnancy](#)

My Best Wishes,

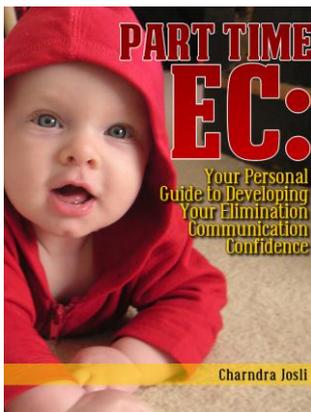
Charndra

[My directory of Elimination Communication Stores](#)

My recommended books and DVD's on Elimination Communication:

Sourcing the books on EC available at your local library or via the Internet is another way to build your knowledge and experience as you travel towards being diaper free. You'll get insights and further develop strategies or approaches to apply in your situation.

Firstly, I must of course recommend my own eBook. If you've enjoyed my 7 Secrets, please give me a 'tip' by purchasing the eBook that it is the introduction to!



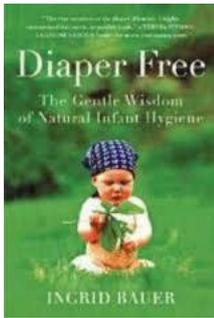
Part Time EC:

A Personal Guide to Developing Your Elimination Communication Confidence

Over 223 pages of resources at your fingertips to give you practical help with Elimination Communication. My eBook will give you all the ideas, tips and strategies you need to help you practice EC with confidence and ease. Far more than 'Just take off their nappy and see what happens'. Know how to look, what

to look for, when to offer the potty, how to offer a potty break, what to expect at different ages and stages, with loads of helpful additions...

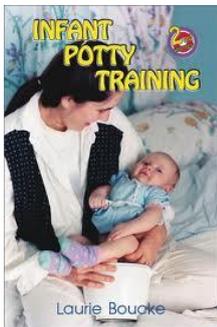
Discover More About ['Part Time EC: A Personal Guide to Developing Your Elimination Communication Confidence'...](#)



Diaper Free. - The Gentle Art of Natural Infant Hygiene by Ingrid Bauer.

Babies staying clean and dry without diapers? How can that be?? Natural Infant Hygiene and Elimination Communication are terms coined by author, Ingrid Bauer, to define an ancient, natural childcare practice for contemporary parents. They describe a gentle, compassionate and practical way to care for a baby's elimination needs from infancy, with or without diapers.

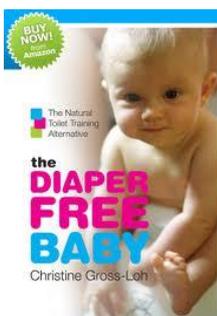
[Learn more about the book Diaper Free. - The Gentle Art of Natural Infant Hygiene](#)



Infant Potty Training is based on an elimination training technique used in much of Asia, Africa and South America. In the book, the method has been adapted to the Western lifestyle in various ways, while still maintaining a natural and gentle approach. The word "training" is used in the positive sense of a loving exchange of communication and teaching/learning between mother and baby.

The infant potty method really works . . . and to the ultimate benefit of babies, parents and environment.

[Learn more about the book Infant Potty Training: A Gentle and Primeval Method Adapted to Modern Living.](#) By Laurie Boucke



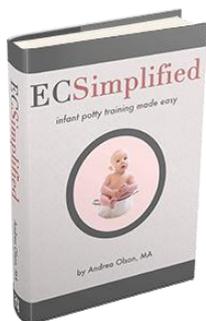
The Diaper-Free Baby: The Natural Toilet Training Alternative

Imagine infants free from painful diaper rash, new parenthood without thousands of dollars wasted in diapering costs, toilet training that is natural and non-coercive, and, most importantly, happier babies and parents. As Christine Gross-Loh reveals, all this is possible and more. Infants are born with their own methods of communicating their need to "go" just as they communicate hunger or sleepiness.

[Discover more about the book The Diaper Free Baby](#) By Christine Gross-Loh

Some of our contributions are in this book. Yay.

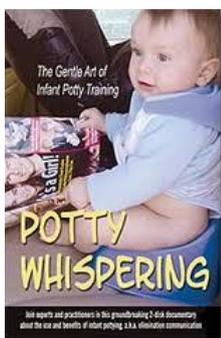
EC Simplified: Infant Potty Training Made Easy



Discover the natural alternative to full-time diapers and toilet training, Elimination Communication, presented for the first time in a simplified, visual manner...

[Click here to discover more about EC Simplified!](#)

DVD's about Elimination Communication:

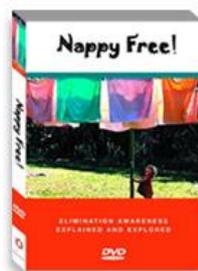


Potty Whispering is a 2-disk informational DVD set covering all the basics of infant pottying, including how it works, how to get started, techniques and tactics, medical and professional opinions, contributions from parents, and resources.

The production is scripted by Laurie Boucke, and makes extensive use of visual material from North America, Europe, Asia, Africa and Australia. Each disk is 70 minutes long. My husband, my son and I are in this DVD.

[Click here to discover more about Potty Whispering](#) * Highly Recommended.

Nappy Free: Elimination Awareness Explained and Explored.



Some babies wear no diapers from birth. Known as Elimination Communication, Natural Infant Hygiene, Toilet Timing, Early Toilet Training.. Call it what you like, more than half the world does it. Whatever stage you are at, this DVD may help you.

Made by four families from Bellingen in Australia, who show you their lifestyle, how they are parenting nappy free, including some pitfalls and how they communicate with their babies to know it is toilet time. Approx 30 minutes long.

[Click here to discover more about Nappy Free!](#)

A Thank You Message to My 7 Secrets Readers...

My Dear 7 Secrets Reader,

Thank you for reading my free eBook, I hope you found it inspiring and encouraging.

I just want to say that I really do enjoy helping you on your elimination communication journey, from sharing the best tips I have discovered along the way, to offering you the ideas I have picked up from all the other mothers I have met during my personal obsession with EC! It was the most wonderful and inspiring fun for me, playing around with re-learning this ancient yet 'new' concept of baby hygiene.

I have spent a huge amount of time and effort putting together these resources and those found in the full version of my eBook, '[Part Time EC: A Personal Guide to Developing Your Elimination Communication Confidence](#)', which this eBook is part of.

If you've enjoyed this eBook, want to discover more about Elimination Communication and feel it in your heart, you can 'leave a tip' by [purchasing my full eBook](#). There are lots more ideas and strategies for you to pick out and use from there! **That very economical eBook is less than the price of a cuppa** and is how I help support my family while caring for my second son with special needs, and so as many people as possible can explore EC through sharing all I have discovered. Thanks!



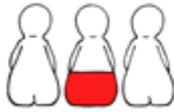
Charndra Josling,
Mum to Maven and Jett

P.S Cheers for your support! Feel free to share this eBook anywhere, with anyone, (with no changes). That will help me as well.

Discover More: '[Part Time EC: A Personal Guide to Developing Your Elimination Communication Confidence](#)'...



I recommend [The Baby Bjorn Little Potty](#). Ours is still strong after 7 years, where other potties have gotten cracks with general use, plus it has a smaller hole so younger babies can sit on it from when they can do a supported sit.



Tribal Baby .org **Trust Your Baby, Trust Yourself!**

[Click here & learn about your empowering parenting options...](#)

[Baby Pottyng](#)
[Hypnosis for Birth](#)
[Breastfeeding](#)
[Co-Sleeping](#)
[Baby Led Solids](#)