



## What is ELimination Communication?

Just as parents learn to read their baby's signs for sleep and hunger, they can also learn to read their baby's signs for needing to eliminate. In fact, most parents already know what some of these signs are, such as the straining facial expression or the telltale grunting and bearing down that precede a soiled diaper. Practicing Elimination Communication (EC) is just a matter of responding a little differently to these signals from your baby. Taking your baby to the potty can be easy and rewarding!



### Does this mean you never use diapers?

EC can be done with or without diapers. Many parents practicing EC do use diapers or training pants for backup or during certain times of the day. Whether a baby wears diapers or underwear, parents change them quickly whenever wet or soiled so that the child stays accustomed to the feeling of clean underclothes.



## Why EC?

A few common reasons that parents choose to practice EC are: to recognize and respond to baby's self-awareness, to promote close communication between child and parent, to use fewer environmental resources, to avoid struggles often associated with diaper changing and toilet training, and to save money.



## How can I find out more?

Our website offers a lot of information, including how to get started, specific positions for holding the baby, starting with older babies, recognizing and responding to our intuitive sense, and how to help keep baby interested in using the potty throughout various stages of development. Our website also lists Diaper Free Baby groups in the US and in more than 15 countries worldwide. Come join us for a local meeting or get in touch with your local DiaperFreeBaby mentor!

**Find more resources  
on the web at  
[www.diaperfreebaby.org](http://www.diaperfreebaby.org)**

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