GO DIAPER FREE

A SIMPLIFIED HANDBOOK FOR ELIMINATION COMMUNICATION

FOR BABIES 0-18 MONTHS

BY ANDREA OLSON, M.A.

Go Diaper Free

A Simplified Handbook for Elimination Communication (for babies 0-18 months)

Version 2.0

By Andrea Olson, M.A.

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To David, Kaiva, and Isadora,

my diaper-free family.

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by Andrea Olson, M.A.

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book may generate a monetary commission, at no cost to you. Thank you for supporting us further through the use of these links, and, remember, we don't link to anything we don't fully support or haven't tried or used in our home.

Special Thanks

Thank you to my husband David Bentley, my son Kaiva and my new daughter Isadora (my two little EC guinea pigs!), my parents and step-parents, my personal counsel, Francene and Mary, the mamas at DiaperFreeBaby, Jamie Glowacki, and all who've trailblazed the path of Elimination Communication, including Laurie Boucke, Ingrid Bauer, and Christine Gross-Loh.

Thank you Naomi at IttyBiz for your impeccable and poignant encouragement with all things related to my homemade, mama-run business.

And immense thanks to the thousands of readers worldwide who have put their trust in me to teach them EC. You are all beautiful, brave, and sincere.

Love,

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Welcome!

Welcome to the GoDiaperFree Book

Elimination Communication has the potential to change the world, one baby at a time.....

Hi there! Welcome to my book, GoDiaperFree: A Handbook for Easy Elimination Communication. I am so glad you've found us!

I wrote this book because when I was pregnant, and when my baby came, I had such difficulty learning how to start EC that I almost didn't try it. I am so happy I didn't give up!

EC has helped our family save money, time, mess, frustration, and in a small way, Mother Earth. It has been yet another tool to help us communicate with our babies and meet their needs with curiosity and immediacy. EC has helped us develop an intimacy with our babies that I am certain we would have otherwise missed!

My intention is to help you simply and easily learn how to start using EC with your baby, at any age. I am not here to convince you to do EC, nor am I able to cover every little detail. But if I can help just one more family step into EC with ease, joyfully, my purpose will have been served!

If you are ready to dive into EC and want simple, vivid instruction, this book is for you! I hope you will find it easy to follow and implement.

May you enjoy your journey!

xx

PS - If you need any help with this book or need to contact me directly for any reason...you can find me @GoDiaperFree on Twitter, here at YouTube.com/GoDiaperFree, here at Facebook.com/

GoDiaperFreeCommunity, or email me at andrea@godiaperfree.com. I'm here for you! I'd love for you to come by my website and say hello whether you have questions or not....

Who I Am

I'm Andrea. I'm 35 years old (now), a mother of (now) 2, and in between even more loads of laundry and cooking meals, I've managed to write a second book on Elimination Communication.

Before having a baby, I earned my Master's in Psychology and practiced for many years. I thought I had a pretty good handle on child psychology until I became a mom...and that's when the real learning began. With my homebirth and subsequent years of actual mothering, I've certainly earned a residual PhD.

I am a DiaperFreeBaby Mentor residing in Asheville, NC, USA. Their organization has certainly influenced my personal EC practice from the beginning and I continue to seek their support. They fully endorse the work I've done to continue EC's forward movement.

So, that's about it for my relevant credentials. Now about me and EC and this book...

I have been doing Elimination Communication with my babies since the day each was born. We caught the first tarry poo in the potty, and I have been hooked on avoiding poopy diapers ever since.

I heard about EC in 2006 when the first of my friends-of-friends had a child. Someone said, "Yeah, they don't use diapers! They do this thing where you communicate with your baby instead. She pees in the sink!"

I was intrigued. I thought to myself, When I have my first child, I'm going to do that.

When I became pregnant in 2009, I knew beyond a shadow of a doubt that I wanted to do what tribal folks all over the world do: natural pottying.

However, the information available at the time seemed overwhelming, complex, and inaccessible for me at that "placenta-brain" phase of pre- and post-partum. I read the relevant sections again and again, and still lacked confidence.

All I wanted was a clear step-by-step of how to start EC at birth.

So, after a few months of working it out as I went, I decided to create my first book to help other parents learn how to begin EC with any age baby… presented in a simplified format. That work has since morphed into this book, which has been improved, expanded, and simplified even further. More on that later.

It's been such an enriching journey that in the future I plan to begin filming a comparative documentary on pottying around the world. I am curious to know the intimate details of pottying across the Earth's tribal communities.

Well, enough about me...you certainly didn't buy this book solely to learn about me and my sweet little journey. Let's get on with the show!

Warmly,

PS - I wrote this book in a conversational format, so please pardon any occasional frankness, tartness, enthusiasm, dry humor, or anything else that might not seem up to professional par. This was a conscious choice to make reading (and learning) a little bit more fun and personal. Oh, and sometimes I repeat myself, which I do intentionally to reinforce important stuff. :)

Who You Are

This book is for anyone with a young baby who is yearning for a natural alternative to full-time diapering and conventional toilet training.

This book is for pregnant mamas and their partners who want to give their babies the utmost in natural, responsive, and gentle parenting, from the

get-go...but don't have the brainwaves or energy available to read complex instructions or heavy books.

(like I was)

This book is also for folks who want to have a baby someday in the future and are researching different parenting tools.

The earlier parents start EC, the smoother the journey. I recommend beginning at the first optimum window, 0-4 months, but if you've arrived here and you're beyond that window (and within the first 12 months), you'll be just fine. I have special instructions for you.

If you've got a baby who's 12 months +, don't you leave yet! You can apply the principles within this book to your early start at conventional toilet training, too.

Why This Book is Backward...

Many books are written in this order: first some history, then the underlying philosophy, and finally what the book promised to cover...at the end. Well, mine wasn't. I've written my book backward!

I've a good reason for this: If you never reach the part of this book that's about how to do EC, you may never do it.

I know how it is to be expecting a little one. The pregnant woman's brain dims to just a flicker of what it used to be. Calculators and thesauruses become desperately necessary, yet difficult to use.

(me again)

Movement...slows...way...down.

Partners of pregnant women are equally "not all there." They're either worried about what's coming next; busy preparing and providing for what's coming next; terrified and avoiding all thoughts of what's coming next; so excited about what's coming next that they can't focus.

So, for those expecting parents who are walking through jello, I put the juice first.

For those of you who already have a young baby or newborn (and perhaps other older children), need I even write how much you've got going on? Hence, juice first.

When I was pregnant, I wanted the juice first. With pictures and pretty drawings and flow charts. I went into ECing knowing it's what I wanted to do, and I didn't need the history til much later (when my body and brain recovered). 8 months later!

Perhaps you're the same. If so...**Start at the age your baby is NOW.** Go to that section in my Table of Contents. And then read the Positions information next. Followed by Unique Situations. That is the crux of the learning. Then, read the Philosophies and other background info last...if you so choose. They actually are really helpful.

Lastly, the Troubleshooting + Potty Pause section is a good place to go if you're experiencing difficulties with your practice. (And, remember, we've got a whole slew of other Troubleshooting Q+A's in our online Members Area, too, plus the Private Forum where you can post your questions.)

And, in any case, I know that you will read this book in the order that YOU want...so do what you may, and have fun!

But if you need to get to the point as much as I did, I wrote this book backward for you.

Now let's get started...from the end...*because every serene moment counts*.

Special Features of this Book

Links - Within the Book and to the Internet

You will see links throughout this book. Most of them will allow you to hop around *within this book*. That will make it easy to find things. Many other links (especially in the Gear Guide and Resources sections) will link to websites on the Internet.

Readers' Area Access

Throughout this book I mention the Private Forum, Video Library, extra Troubleshooting Knowledge Base, and Downloadable Forms. If you'd like to access all of this extra information, visit godiaperfree.com/readers and follow the instructions.

Searching this Book

You can easily find words and/or phrases in the book by using the reader's search function. This is one feature you will not find in a paperback book!

How this Book is Different

(from my previous works)

Those of you who've heard of my first book, *EC Simplified: Infant Potty Training Made Easy*, might be wondering how this book is different. Although parts of this book have been adapted from that original book, in this new book, there are many differences.

You will notice there is a wonderful new section called How to EC: The Nutshell Version. This is meant to give your weary, new parent brain a grasp of the *bigger* Elimination Communication *picture*...preferably prior to starting EC.

I've decided to expand the Young Toddlers section and divide it from the rest. The expansions include what we've learned over the past few years on the Private Forum, resulting in the first step-by-step EC instruction for this

age group. In divvying this up, I also divided the Mobile Babies instructions from the Newborn instructions. So, each age range has its own unique instructions.

I've also revised the Positions Gallery photos.

The Readers' Area (online, which is available by visiting godiaperfree.com/readers.) has been thoroughly updated with a larger Troubleshooting Knowledge Base and everything in the Control Panel there is mobile-friendly. Plus, this book is laid out in the Members Area so you can learn online, on the website, on any device.

Back to this book...Most importantly, I've **reformatted** the entire layout of the pages, text, and photos to be easier to read on any device, including mobile phones, tablets, and computers. Mostly black and white, in portrait orientation. That should help more of our on-the-go readers (which is the vast majority of you).

Here and there I've **updated little details** as well, integrating things we've learned on the forum over the years, and even added new material to these introductory pages, etcetera.

So, you're looking at a book different enough to warrant a new name altogether.

Lastly, this book is longer. Because of all of the above improvements. Way longer. But since it's an ebook that you can easily skip around, you'll never know it's about 450 pages long!

In conclusion...

I think you will find that this book is **the new conclusive guide** to starting, maintaining, and troubleshooting an EC practice with a 0-18 month old baby.

And that, my friends, is how this book is different from my first.

Shall we begin?

How to EC - The Nutshell Version

The whole basic process...in a nutshell

In this section we'll start out with the nutshell version of how to start EC, a simple definition, and some basic keys to keep in mind while beginning, just so you have your feet immediately under you.

Then, you'll want to skip to the section covering your baby's current age to learn all the details you'll need to begin EC, specific to his or her present age.

As you embark on this exciting journey, continue with the rest of this book's sections to learn more about positions, back-up diapering, philosophy, and anything else you might need to know to get started.

Remember that you do NOT have to do EC full-time, but some sort of consistency is a great idea. There's a section on Part-time EC that I hope you'll read. Okay…now for the nutshell of what in the heck you'll be learning.

Parts 1 and 2...A pretty simple overview

I've divided the whole process of starting EC into two basic parts:

- Part 1: How to know when your baby needs to potty
- Part 2: How to potty your baby

Depending on your baby's age, this basic process will vary. You'll see that when you get to the section for your child's age. So here's the general Nutshell Version *first* so you can understand the big picture….

The Basics, Part 1: When does baby need to potty?

No matter the age of your child, you will follow this basic pattern to learn *when* your baby needs you to help her go potty.

You've reached the end of this sample.

To continue reading,

Buy Now

or

See the details for this book on my website.

Thank you so much!

xx Andrea