



Go Diaper Free: A Simple Handbook for Elimination Communication

By Andrea Olson

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Over half the world's children are potty trained by 1 year old, but the potty training age in Westernized countries is getting older and older, leaving parents wondering: *What did people do before diapers?* and *How do I help my own baby out of diapers sooner?*

Elimination Communication, also known as infant potty training or having a diaper free baby, is the natural alternative to full-time diapers and conventional toilet training. "Diaper-free" doesn't mean a naked baby making a mess everywhere...it actually means free from *dependence upon* diapers.

Go Diaper Free empowers parents of 0-18 month babies with accurate information and step-by-step guidance to EC with confidence, whether full time or part time, with diapers or without.

With this book new parents can avoid years of diaper dependence, potty training struggles, diaper rash, and unexplained fussiness. For those considering EC, in the middle of a potty pause, or confused about how to begin, this book makes everything simple, visual, and flexible.

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Editorial Review

Review

"We expect that everything that falls under this book's umbrella will help make EC more approachable for a wider audience. Andrea...makes it clear that EC is foremost about gentle communication. Furthermore, the material is organized in a manner that prevents the reader from becoming overwhelmed - a strangely frequent phenomenon, given the simplicity and naturalness of EC itself. In short, this project is a real *tour de force* and a great resource that EC advocates everywhere should not hesitate to recommend."

--*DiaperFreeBaby.org*

"I highly recommend this beautiful and excellent resource for EC families. Go Diaper Free is richly illustrated and is an invaluable compilation of information."

--*Laurie Boucke, author of Infant Potty Training: A Gentle and Primeval Method Adapted to Modern Living*

About the Author

Andrea Olson, M.A., is a pioneer in helping parents reduce diaper dependence with any age child or baby, from birth through toddlerhood. She has her Master's Degree in Psychology and presently lives in Asheville, NC, with her husband and children. She is also author of *The Tiny Potty Training Book*, a simple guide to non-coercive potty training for toddlers 18 months and up. Visit her at GoDiaperFree.com.

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Jennifer Trojanowski:

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