

Nappy Free Babies

EC, is this the future?

We hear from Thames Ditton Mum, Caroline Williams, on the positives of weaning babies off nappies at a young age and how she's built her own App. to help parents through the process, step-by-step.

Caroline, your daughter was nappy free from a very young age, where did the idea come from to potty train at the baby stage?

I first heard about Elimination Communication (EC), during pregnancy and it appealed. The ethos is; babies are born with the instinct not to soil themselves and will communicate this to you from birth just like their other basic needs; hunger, tiredness and comfort. It actually has nothing to do with potty or toilet training, it is about recognising your child's abilities and responding to them. EC is totally baby led and there is no pushing/coaxing involved. In fact, it is more the baby teaching the parent.

How old was your daughter when you started EC?

We started when Mimmi was 4 months old. She suffered from really bad nappy rash which gave me the push. At 14 months we often had many consecutive dry days, at 17 months she was completely out of back up nappies, and by 19 months reliably dry. I practiced EC "light" and kept it realistic. That meant she was sans clothes or in pants at home, but with a back up nappy for trips out in case there was no access or opportunity to conveniently toilet her.

Having been so successful are your friends' babies now nappy free?

No. But it has inspired many and some



TD Mum Caroline Williams with her daughter Mimmi.

have already started with giving it a go with their 2nd babies. EC is not for everyone but it's an alternative approach to an area of parenting that most dread.

And you've just built an app, tell us about that?

Happy No Nappy is an EC "how to guide". The aim is to show modern mums that EC is a viable and non-disgusting alternative to the conventional nappy lifestyle. It will guide you through what EC is, what you can expect, how to go about it, what problems may arise and how to deal with them.

If you'd like to find out more follow Caroline on Facebook, Happy No Nappy support page to Infant Potty Training. Find the App in AppStore: <https://itunes.apple.com/gb/app/happy-no-nappy/id708832890?mt=8>

