

# I Use Cloth Diapers and Want to Reduce My Baby's Carbon Footprint Even More - How Do I Begin Baby Pottyng?

Love the Diapers But Not the Washing?

How You Can Use 1 Less Diaper a Day As You Discover Part-Time Baby Pottyng

Practicing Elimination Communication - starting part time and simply 'saving' the use of one diaper today, another diaper tomorrow - from little changes you can raise a 'lower carbon' baby, a greener baby!

How Do You Start Using Diapers Part Time?

Simply help your baby sit on a little potty a few times each day. When they wake up is known as a 'Prime Time'. Most people go to the toilet then; so do babies. If your baby has a couple of naps in the day you'll have three 'Potty Breaks' each day quite easily. Imagine how those experiences will help your baby feel totally relaxed around using a potty. Encouraging your baby to relax with a few 'Potty Songs' is great fun - they laugh and smile along. It's lovely way to connect each day.

What you're doing is learning some simple skills of Elimination Communication (EC, also known as Infant or Baby Potty Training or a natural alternative to toilet training). It is an ancient way to care for a baby's hygiene needs as you slowly and gradually reduce your reliance on diapers.

1 less diaper a day over 3 years is over 1095 fewer diapers - that's a lot of experience for your baby too, and a lot of moments connecting with your baby in a positive, fun way...

By now I'll bet you're thinking: "1 Less Diaper - but that's not intimidating at all! I can do it!"

Yes, you can. You are already on your way by using cloth diapers. They help your baby stay more aware of their body's sensations. Modern Cloth Diapers and EC are very compatible, traditional practices for caring for your baby's hygiene needs.

Take your use of cloth diapers to the next logical step - reducing your environmental footprint even further with part-time Baby Pottyng. Simply offer your baby a potty break whenever they wake up - you'll need to change their diaper anyway. It is the easiest way to begin Baby Pottyng. I can guarantee that in a little while you'll have less poopy diapers to manage - I'm sure you will not mind that, and neither will your baby.

## About the Author

Pop over to Charndra's website on part time Baby Pottyng, either <http://www.PartTimeDiaperFree.com> or <http://www.PartTimeNappyFree.com.au> - you can join to receive a free e-course introducing you to the 7 Secrets to Confidence in Elimination Communication. Over 40 Potty Songs, plenty of tips, resources and helpful ideas to make your journey easing into EC very smooth indeed.

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