



Elimination Communication Guide for Dads

Dads:

Ask your partner to help you fill out this guide. She can give you an orientation to EC.

Or, if you're the instigator of the whole EC journey, fill it out for her!

Hi fellow Dad,

You may think it's strange that you've been asked to read this, or you might be the one who insisted on EC in the first place. No matter how you got here, I'm glad you did.

I've been ECing my boy since the first day of his birth when I handed his mother the mini potty just in time to catch that first sticky tar poop. What a surprise! At first, I was skeptical about pottying our baby.

Then at his first bath, I got poop sprayed all over me.

Then my wife made me change my first poopy diaper.

I suddenly became very interested in EC! My wife taught me, day after day, and when I got the hang of it, I even started having my own intuitions.

After about a year & maybe 6 more (total) poopy diaper changes, I'm stoked.

Here's some info about EC that's from my wife's book ([EC Simplified: Infant Potty Training Made Easy](#)). **Think of this guide as if your own partner has written it for you.** Or, if this was your big idea, fill it out yourself and share it with your partner!

The topics are:

- ✓ What is EC
- ✓ How to Know When Our Baby Needs to Go
- ✓ How to Potty Our Baby
- ✓ If Things Change or Stop Working
- ✓ Demonstration & Gear

What is EC?

EC is a non-coercive, gentle way to potty an infant from birth, following a baby's natural awareness of its elimination and its desire to keep itself, its caregivers, and its bed dry. It is practiced by over half the world's population and has been adapted to fit modern lifestyle.



Keys to EC

When you are doing EC with our child, please remember:

1. EC is gentle. Hold our baby gently, speak gently, and handle the whole process with care.
2. EC is non-coercive. It doesn't involve praise, rewards, punishment, force, anger, or consequences.
3. EC is about communication, connection, responsive caregiving, and making future potty independence smoother and less confusing. It is not about goals, pressure, timelines, "potty training," or completion.
4. EC is not about hovering or obsessing. It is about "keeping an ear out" to help maintain an awareness around & assist with elimination (as we do when noticing the baby needs to eat or sleep).
5. EC is fun. Laugh often. Marvel in the awesomeness of what you're witnessing (the positive and the negative times!).
6. If you find yourself becoming frustrated about or stressed out by ECing, take a breath, regain your center, let a few misses happen, refrain from punishing or complaining to the baby, and talk to your partner about your thoughts and feelings. Parenting can be challenging. Anyone who does EC needs support, even Dads.

Where to Learn More

If you are so inclined to learn more about EC, you can read our family copy of the book we use at www.ECSimplified.com/book (they also have free articles on their blog and some great videos on [the ECSimplified YouTube channel](#)) **and** you are also welcome to join an EC email group to stay informed, ask questions, and find more support if you want it. You will find a list of these EC-specific email groups, along with many other EC Resources such as other books & websites, here: www.ECSimplified.com/Resources.

And...you have to watch this video here: <http://www.dadlabs.com/The-Lab/elimination-communication-potty-training.html>, made by the dads at DadLabs, on EC. It's brilliant. There's a forum thread there for Dads who EC, too.



How to Know When Our Baby Needs to Go

The 4 Roads to Potty Time

See the enclosed sheet titled “The 4 Roads to Potty Time” to see a comprehensive list of *common* signals, times, and intuitive thoughts that can tell you it’s potty time.

The next section shares *our family’s more personal habits* around offering pottytunities.

When We Offer Pottytunities

We offer “pottytunities” (opportunities to go potty) based on:
(check all that apply)

- our Baby’s Signals (as we’ve learned them)
- our Baby’s Natural Timing (as we’ve learned it)
- some more Generic Times to potty, and
- Our Intuition.

Our Baby’s Signals

When you see our baby do this/one of these things, offer a pottytunity:

Our Baby’s Natural Timing

After feeding or waking, our baby typically has to go at this frequency so you can offer a pottytunity at these times:



Generic Times Babies Commonly Go

Try to offer our baby the potty at these common times that most babies need to go:

Our/Your Intuition

Sometimes you may have a thought about our baby needing to potty...if this happens, act on it! You may grow to have intuitions around pottying needs over time, which can look like:

How to Potty Our Baby

When you think it may be time (one of those 4 things above has happened), here's how to offer our baby a pottytunity:

1. Acknowledge, undress, and go to potty space

We prefer to (circle one) verbally / nonverbally **acknowledge** it's potty time by saying/doing this:

We prefer to potty our baby here (**environment**):

...on/over this (**receptacle**):



2. Position & Cue

When you hold our baby in position, please be sure the baby is comfortable, warm, and feels safe and secure.

We prefer to potty our baby in this **position**: (circle one)



Classic EC Position



Cradled Classic EC



Bottom-back Position



Classic Squatting over Toilet



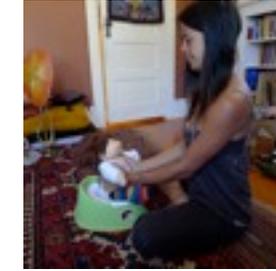
Classic Sitting on Toilet



Classic over Mini Potty



Hold on Potty, Away



Hold on Potty, Facing

Or...we use this position: _____

When our baby is in position, we **Cue** to let baby know it's okay to go. A Cue is a noise we make that baby associates with releasing a pee/poo.

Our cue for pee is: _____

Our cue for poo is: _____

When our baby pees & poos at the same time, we cue like this:

3. **If** Our Baby Doesn't Do Anything While In Position & Cueing...

We'd like you to **help our baby relax** by: (circle one)

Singing / Running water / Give this toy: _____

Other: _____



If our baby protests your efforts to potty her (struggles, cries, etc.), **change the scenery** as our baby may still need to go.

Try changing **position** to our **2nd** preference:

...and/or try our **2nd** preference of **Environment**:

...and/or try our **2nd** preference of **Receptacle**:

Never force our baby to stay in any position and do not encourage our baby to potty against its will. After a 2nd unsuccessful try, go ahead and wait until the next time you think our baby may need to go.

4. How Our Baby Says “I’m finished” & “I don’t need to potty right now.”

When our baby does this: _____

it means “I’m finished.”

When our baby does this: _____

it means “I don’t need to potty right now.”

5. When You “Catch” a Potty

(check all that apply)

Reflect what you saw by saying: _____

when you catch our baby’s pee/poo.



- (circle one) Do / Don't praise our baby (ex: "Good job.").
- Don't say *anything* when you make a catch. Just do it matter-of-factly.

6. When You "Miss" or "Mis-guess" a Potty

For a "miss" (baby went in pants), say: _____

For a "mis-guess" (you guessed incorrectly and baby didn't have to go), say:

7. Cleaning Up

How to clean up after our baby potties:
(ex: type of wipes to use, rinse or not, TP, cleaning potty, etc.)

Great! So that was a quick run-down of how to potty our baby. If you're curious, you can watch a couple of videos on EC [here](#).

If Things Change or Stop Working

...please share any "odd" or "difficult" information with your partner! Don't conceal it. You didn't break the baby. You didn't do anything wrong. Your baby is just telling you something. Share that with your baby's mama and come up with a plan to fix it!

See why this is so important on the next page...



Sometimes pottying habits change...these changes can help us know if our baby's going through:

- ✓ illness/imbalance
- ✓ a growth spurt
- ✓ teething
- ✓ approach of a developmental milestone (crawling, walking, talking, etc.)
- ✓ an allergy or diet issue
- ✓ conscious experimentation with the pottying act.

...and might result in a Potty Pause. If it's a Potty Pause, we usually wait it out and it will likely pass. But if it's something else, you need to share it so you'll be able to react as a team. Sometimes something "bigger" is up and EC gives valuable information that you should share with your partner if you notice a shift in the practice.

Demonstration & Gear

Either watch some videos or have your partner demonstrate how to potty your baby for you. Talk about what gear you might need as a Dad to make pottying your baby more convenient (potties, cloth wipes, etc.).

In closing...If you discover new things about pottying your baby that your partner didn't know, share them with her! I gained intuition over time...and I came up with new positions and ideas when we hit challenging potty periods. Contribute to the EC journey in your family like I did...you'll be the family hero!

Your partner told me to tell you that she's very excited that you've expressed a willingness to learn how to EC your baby with her...thank you for joining her on this wonderful journey!

And remember...even if you're skeptical (like I was)...you'll, at the very least, avoid poopy diapers.

Sincerely,

Saki

Proud Father (of an awesome 11 month old boy)



The 4 Roads to Potty Time

1

Your Baby's Signals

Possible Types of Baby Signals

Different ways baby says "I need to pee/poo"

- sudden or increased fussiness
- cry or scream
- shift from stillness to movement
- shift from movement to stillness
- squirming or wriggling (especially in bed if co-sleeping)
- for older ages during sleep, crying out, crawling in bed, or flipping head from side to side
- grimace or other concentrated poo face (may look like a smile)
- popping off the breast while feeding; difficulty latching
- grunting or bearing down (may also be done squatting/standing)
- staring off into the distance
- trembling, shaking, hiccuping, yawning, rubbing face or nose, shivering
- heavier breathing
- "peenie-weenie" - a partial erection that means baby boy needs to go
- grabbing at genitals, especially if squatting or looking at you or the bathroom
- blowing raspberries (trying to imitate your Cue)
- passing gas (may indicate pee, poo, or both)
- looking at...pointing at...or crawling to ==> you, the potty, or the bathroom
- arching back in or trying to stand in arms (or in carrier...see below)
- "phantom pee" (feels warm but baby hasn't peed)
- trying to "escape" the high chair, your lap, or the baby carrier (standing, arching, etc.)
- trying to remove diaper or grabbing at diaper

Babywearing Signals (In Sling or Carrier)

- wriggling; feet pushing against you; trying to stand up in the carrier; bouncing; arching out of the carrier; "phantom pee" on either side (feels warm but baby hasn't peed)



The 4 Roads to Potty Time (cont'd)

2

Generic Timing

Common times babies generally need to go

- upon waking from sleep
- during a diaper change
- before or after a bath
- after a miss, as baby's bladder may not have fully emptied
- after taking baby *out of* anything she's been in for a while (carseat, stroller, baby carrier/sling, jumper, sitting aid toy, or high chair)
- before putting baby *into* anything she'll be in for a while (carseat, stroller, baby carrier/sling, jumper, sitting aid toy, or high chair)

Other Pottyunities

- offer potty before leaving anywhere
- offer potty upon arriving anywhere

3

Your Baby's Natural Timing

Patterns unique to your baby, based on:

- amount of time after feeding
- amount of time after waking
- and the spacing thereafter

4

Your Intuition

- you have a funny feeling that baby may need to go
- the word "pee" or "poo" crosses your mind
- you suddenly imagine baby needing to pee
- you suddenly have to pee yourself
- you smell pee or poo before it comes out
- you have a vivid thought or insistence inside that you are "sure" baby needs to go, or that baby can't *possibly* need to go again
- you experience another sudden random potty thought
- you swear you just got peed on (feels warm but baby hasn't peed - "phantom pee")