

## THE AGE

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### **EARLY TOILET TRAINING A RELIEF FOR PARENTS**

By Melissa Whitworth  
New York  
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FOR new parents, the days of nappy changing seem to last forever. But the wait for baby's first time on the potty could be a lot shorter, according to a new method for training.

Supporters of the technique say there is no need to wait until a child is two before potty training. They say newborn babies can learn within days how to indicate that they need the toilet.

The method has taken its inspiration from Africa and Asia, where women carry their babies all day and appear instinctively to know when it is time to hold their infants away from them so they can relieve themselves.

"Infant potty training" is now sweeping America. But pediatric experts, child psychologists and mothers are divided over the practice, also known as elimination communication (EC).

Advocates say parents need only to watch for warning signs - restlessness or fidgeting - then hold the baby over a potty.

New York mother of two Christine Gross-Loh started using EC when her younger son was three weeks old. "Just as babies fuss because they are hungry or tired, they also indicate when they are about to go to the bathroom," she said. "EC is not about the result (potty training) but about the process of communicating with your baby about a basic need."