



Nappy Free Baby: A Practical Guide to Baby-Led Potty Training from Birth

Amber Hatch

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This unique book shows parents how to break free from nappies and tricky toilet training. By recognizing and responding to their baby's natural reflexes, parents can help them to stay clean and dry from birth, while reducing the cost to the family budget and the environment. Baby-led potty training can help to avoid nappy rash, prevent constipation, calm fussy babies, reduce landfill, and save time and money. Families have been using baby-led potty training all over the world and now the approach is growing in the UK. In this book, Amber Hatch guides parents through the method, explaining the practical things you need to know from getting started to completion. You'll also discover how to adapt the approach to your own family's needs and routines, how to overcome common problems and how to encourage confidence and independence in your child. *The Nappy Free Baby* is a flexible, no-pressure approach to potty training that will benefit any family and strengthen the bonds between parents and child.

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