



# Diaper-Free Before 3: The Healthier Way to Toilet Train and Help Your Child Out of Diapers Sooner

*Jill Lekovic Md*

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Conventional wisdom tells parents that they should delay potty training to toddler age, and only after seeing signs of readiness. But is that really the best way?

In Diaper-Free Before 3, Dr. Jill Lekovic presents the new case that early training--beginning as early as nine months olds--is most natural, healthy, and beneficial for your child, based on medical evidence. By incorporating the potty into your child's routine early on, toilet training becomes far less stressful for both parent and child. Dr. Lekovic's method, which she has used successfully with her own kids and recommends to patients, helps children become better aware of their body's signals, boosts confidence, and decreases the risk of urinary health problems.

The guide includes informative chapters on bedwetting, accidents, and adapting the method for day care, special-needs children, and older toddlers. Offering a technique that really works and turns toilet training into a positive experience, Diaper-Free Before 3 is sure to become a new parenting classic.

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