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# The New Contented Little Baby Book: The Secret to Calm and Confident Parenting

The number one bestseller

## The New Contented Little Baby Book

The secret to calm  
and confident  
parenting



# Gina Ford

Britain's Bestselling Childcare Author



Par Gina Ford  
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**Description :** Description du produitWritten by a respected maternity nurse, this text addresses the issue of sleep-starved nights, inconsolable crying and feeding on demand - stories that make the prospect of bringing a tiny baby home for the first time daunting for any proud parent. The book features input from clients, readers and mothers. It aims to give practical and reassuring advice to new parents by suggesting a strategy developed through years of research and experience. When implemented it should ensure babies sleep through the night from an early age, feed regularly and well from either breast or bottle and are less likely to suffer from colic.

Prsentation de l'diteurThe Contented Little Baby Book, based on Gina Ford's personal experience of caring for over 300 babies, was first published in 1999. It quickly established Gina as an influential new authority on baby and childcare issues and has remained one of the bestselling parenting books in the UK. This completely revised edition of The New Contented Little Baby Book contains the most up-to-date advice available to parents. Using the feedback from numerous readers and website members, Gina has been able to develop and elaborate on the information in her first book, while clearly setting out her philosophy on simple feeding and sleeping routines. By creating routines that match a growing baby's innate natural rhythms, Gina prevents the hunger, overtiredness and colic that can lead to excessive crying. Babies who are settled into Gina's gentle routines are happy and contented because their needs for food and sleep are appropriately met and they should sleep for their longest spell at night from an early age. With detailed, prescriptive information on everything parents need to know, this book includes chapters on:- Preparation for the birth- How the routines evolved and the benefits of following a routine- Milk feeding in the first year- Understanding your baby's sleep- Establishing a routine- Introducing solid food in line with government and World Health Authority guidelines- Common problems in the first year. Whether you are expecting your first child, or are experiencing difficulties with an older baby, this comprehensive guide contains all the expert guidance you need to help your baby feed and sleep well.

Revue de presseFor an astonishing number of mothers, she has proved a savior. The Daily Telegraph (UK)Prsentation de l'diteurThe Contented Little Baby Book, based on Gina Ford's personal experience of caring for over 300 babies, was first published in 1999. It quickly established Gina as an influential new authority on baby and childcare issues and has remained one of the bestselling parenting books in the UK. This completely revised edition of The New Contented Little Baby Book contains the most up-to-date advice available to parents. Using the feedback from numerous readers and website members, Gina has been able to develop and elaborate on the information in her first book, while clearly setting out her philosophy on simple feeding and sleeping routines. By creating routines that match a growing baby's innate natural rhythms, Gina prevents the hunger, overtiredness and colic that can lead to excessive crying. Babies who are settled into Gina's gentle routines are happy and contented because their needs for food and sleep are appropriately met and they should sleep for their longest spell at night from an early age. With detailed, prescriptive information on everything parents need to know, this book includes chapters on:- Preparation for the birth- How the routines evolved and the benefits of following a routine- Milk feeding in the first year- Understanding your baby's sleep- Establishing a routine- Introducing solid food in line with government and World Health Authority guidelines- Common problems in the first year. Whether you are expecting your first child, or are experiencing difficulties with an older baby, this comprehensive guide contains all the expert guidance you need to help your baby feed and sleep well.