



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

By Gina Ford

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

The 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.

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## **The New Contented Little Baby Book: The Secret to Calm and Confident Parenting** By Gina Ford **Bibliography**

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### **Editorial Review**

#### Review

'Gina Ford is the Delia Smith of parenting...while Delia tells you how to make the perfect omelette, Gina Ford in her baby-care manual *The Contented Little Baby Book*, draws on 30 years' experience to tell you how to nurture the perfectly happy baby.', *YOU Magazine*. 'for me she was an absolute godsend', Kate Winslet, *Baby & You*. "It is hard to overestimate the good she has done...How to reward this great benefactor of mankind?...My wife takes the view that only sainthood will do.", Peter Osborne, Political Editor, *The Spectator*. "I devoured it (*Contented Little Baby Book*) in one sitting. It was hilarious. The claim that a baby of five months could be trained to sleep from 7am to 7pm made me laugh out loud. Little did I realise that this was the start of my conversion to the gospel according to St Gina. That Gina Ford would soon acquire an almost divine status in my life....I look back on my BGE (Before Gina Era) and think of how many of my babies has cried and cried as I ever more desperately struggled to get them to sleep....My only regret, of course, is that Gina did not write her book years ago, when my older children were born. I look in the mirror and wonder what a difference that would have made to the bags under my eyes. If motherhood had always been as easy as it seems this time, I might not have had five children - but 10. Maybe Ruth Kelly's secrets is that she has a copy of St Gina.", Martine Osborne, *Evening Standard* --baby

#### About the Author

Gina Ford has over twenty years' experience of looking after babies and young children. She has worked as a maternity nurse all over the world for all kinds of people, from lawyers and bankers to newspaper editors, pop stars and other high-profile media personalities.

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##### **Jimmy Dietz:**

This *The New Contented Little Baby Book: The Secret to Calm and Confident Parenting* are usually reliable for you who want to be described as a successful person, why. The reason of this *The New Contented Little Baby Book: The Secret to Calm and Confident Parenting* can be among the great books you must have is actually giving you more than just simple reading food but feed a person with information that perhaps will shock your prior knowledge. This book is actually handy, you can bring it just about everywhere and whenever your conditions in e-book and printed kinds. Beside that this *The New Contented Little Baby Book: The Secret to Calm and Confident Parenting* giving you an enormous of experience for example rich vocabulary, giving you test of critical thinking that we realize it useful in your day pastime. So , let's have it appreciate reading.

##### **Clair Lemanski:**

This book untitled *The New Contented Little Baby Book: The Secret to Calm and Confident Parenting* to be one of several books that will best seller in this year, that is because when you read this guide you can get a lot of benefit onto it. You will easily to buy this particular book in the book shop or you can order it through online. The publisher in this book sells the e-book too. It makes you more easily to read this book, because

you can read this book in your Cell phone. So there is no reason to you personally to past this guide from your list.

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### **Patricia Rivera:**

In this age globalization it is important to someone to find information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information easier to share. You can find a lot of recommendations to get information example: internet, newspapers, book, and soon. You can see that now, a lot of publisher that print many kinds of book. Typically the book that recommended for you is *The New Contented Little Baby Book: The Secret to Calm and Confident Parenting* this reserve consist a lot of the information from the condition of this world now. This kind of book was represented so why is the world has grown up. The terminology styles that writer use to explain it is easy to understand. Often the writer made some analysis when he makes this book. Honestly, that is why this book ideal all of you.

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