



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

By Gina Ford

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**You've just had a baby.
Everything is perfect.
Then the hospital sends you home—
without an instruction manual....**

Baby expert Gina Ford comes to the rescue with her newly revised hour-by-hour, week-by-week guide. One of Great Britain's top parenting experts, she draws on more than twenty years of experience researching and studying the natural sleep rhythms and feeding patterns of babies to ease the stresses and worries of new parents. In this new edition, you'll find everything you need to know to get your newborn to sleep through the night. In addition, Ford shares her expertise on feeding schedules, colic, crying, teething, illness, pacifiers, separation anxiety, and setting up the perfect nursery.

With this easy-to-follow guide, Ford will have your whole family sleeping through the night—happily and peacefully—in no time.

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Editorial Review

Review

“For an astonishing number of mothers, she has proved a savior.”—*The Daily Telegraph* (UK)

About the Author

Gina Ford is a bestselling child care expert in Great Britain. A nationally recognized name as a maternity nurse, she now runs a consulting service and the popular Contented Baby Web site. She has published more than twenty parenting books.

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