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## The Contented Baby's First Year: The Secret to a Calm and Contented Baby

By Gina Ford

Ebury Publishing. Hardback. Book Condition: new. BRAND NEW, The Contented Baby's First Year: The Secret to a Calm and Contented Baby, Gina Ford, Gina Ford's bestselling The Contented Little Baby Book established Gina as one of the UK's most influential voices in baby and childcare issues. Her groundbreaking routines have been the salvation of hundreds of thousands of parents and her sound advice on weaning and sleep has guaranteed contented little babies in households around the world. In The Contented Baby's First Year Gina takes you through your baby's first year in a month-by-month guide. From physical and mental development through to changes in feeding and sleeping patterns, this wonderful book is packed with practical parenting advice. There's information here on soothing, breastfeeding, weaning and bathing your baby together with suggestions for encouraging key developmental milestones: holding a toy, rolling over, sitting up and crawling. Additionally, for each month there is a handy Q&A that offers reassuring solutions to particular problems that can occur at each stage in your baby's development. Beautifully illustrated with stunning photography, including step-by-step guides to caring for your little one, The Contented Baby's First Year is essential reading for guaranteeing a contented little baby in...



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