



The Contented Baby's First Year: The secret to a calm and contented baby

Gina Ford

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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 year one.

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From reader reviews:

Brian Lowe:

The Contented Baby's First Year: The secret to a calm and contented baby can be one of your starter books that are good idea. We all recommend that straight away because this reserve has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to set every word into joy arrangement in writing The Contented Baby's First Year: The secret to a calm and contented baby but doesn't forget the main level, giving the reader the hottest and based confirm resource details that maybe you can be one among it. This great information could drawn you into brand-new stage of crucial imagining.

Mildred Parker:

Are you kind of occupied person, only have 10 or 15 minute in your day time to upgrading your mind skill or thinking skill actually analytical thinking? Then you are receiving problem with the book as compared to can satisfy your small amount of time to read it because pretty much everything time you only find book that need more time to be read. The Contented Baby's First Year: The secret to a calm and contented baby can be your answer as it can be read by a person who have those short free time problems.

Stephen Medley:

In this period globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of recommendations to get information example: internet, newspaper, book, and soon. You will observe that now, a lot of publisher that print many kinds of book. The particular book that recommended to you personally is The Contented Baby's First Year: The secret to a calm and contented baby this publication consist a lot of the information in the condition of this world now. This specific book was represented so why is the world has grown up. The vocabulary styles that writer use to explain it is easy to understand. The writer made some study when he makes this book. That's why this book suited all of you.

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