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sleeping, and playing  
schedule in with the  
addition of a new baby. She  
gives great ideas for what  
you can do with your  
toddler, say, while you're  
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We had contented happy babies who thankfully fell



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into a good routine and slept well from very early on. Gina Ford made mothering premature twins much easier for me. I personally didn't give a shit what others thought of GF, I was the one doing 18 feeds a day and

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changing 20 nappies so I  
needed routine.

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consultation service to parents of young babies and toddlers who are struggling with feeding, sleeping and behavioural problems. Over the last twenty years Gina has helped over 10,000 parents resolve serious

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expert, Gina Ford, and the

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As Gina's reputation grew, she was approached by a number of publishers, and in 1999 she wrote her first book, The Contented Little

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Baby Book. It was a runaway success, largely due to enthusiastic personal recommendation, its matter-of-fact style and practical approach appealing to fathers and mothers alike.

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Membership benefits includes access to our regularly updated database of over 2,000 FAQs on feeding, sleeping and development answered by Gina and other childcare experts.

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Baby Book? Kelly D(233)  
Posted on 24-02-2012 at  
2.29PM . Reason i ask is

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because i'm struggling to get into a routine with my 2 year old and 7 week old. I bought the contented baby book and the contented toddler book to try and get some tips as it had been recommended by a friend.

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Her best-selling guide The  
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down their day into five-minute slots in order to settle their baby into a routine as ...

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most new parents dream off -  
a baby who sleeps through  
the night.

Routine: Gina Ford |  
Mother&Baby

Author Biography. Gina Ford  
has over twenty years'



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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

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high-profile media personalities. She is the author of over twenty parenting titles and has her own website, [www.contentedbaby.com](http://www.contentedbaby.com).

Contented Little Baby Book

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Gina ford uses her years of experience in caring for hundreds of different babies to produce a plan that will ensure your baby is happy and contented. She believes that simple routines can avoid months of sleepless

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nights, colic and feeding difficulties that many people believe are a normal part of parenting.

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