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The perfect baby book for new moms and dads!

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 to advice on sleep training, 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.

Title	:	The New Contented Little Baby Book
Author	:	Gina Ford
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