



From Contented Baby to Confident Child

Gina Ford

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So, you followed "The Contented Little Baby Book" to the letter and your baby behaved like a dream - at least for the first few months. But as your baby grows, so his or her routines and patterns change. In her years as a maternity nurse, Gina has been able to learn valuable lessons from watching her charges' older siblings and in this new book she applies this knowledge to the many problems parents face in the first three years. From feeding and sleeping problems in the first year, including weaning and early-morning waking, to teething and potty training, Gina offers her own particular brand of down-to-earth advice. She takes a look at toddlerhood, showing how to deal with tantrums, sibling jealousy and food fights and reveals how to build your child's self-esteem, as well as to discipline and teach him or her good manners. She also shows you how to make teeth-cleaning fun and to put an end to annoying habits such as thumb-sucking, nail-biting and eating dirt. "From Contented Baby to Confident Child" is essential reading for all parents who have already benefitted from Gina's advice and would like to learn more.

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