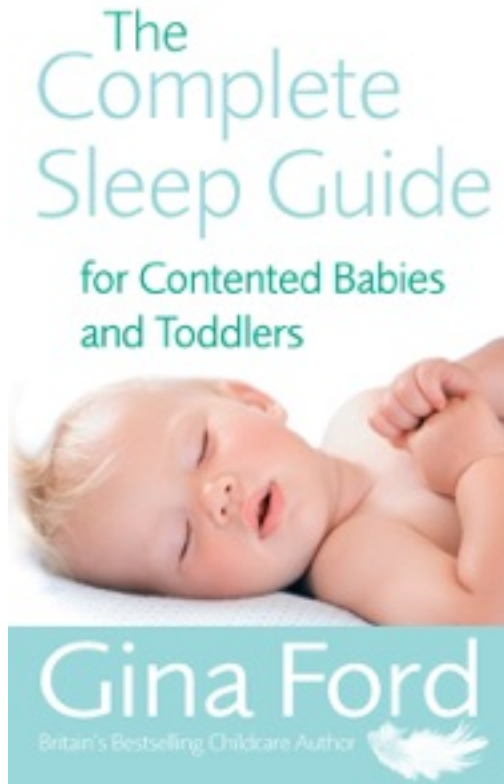


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Gina Ford has come to the rescue with her answer: the key to a good night's sleep for the whole family lies in teaching parents to understand the changing sleep needs of their growing baby. This book informs and reassures parents, dispelling many common myths and anxieties and offering practical solutions that work.

By creating a structure of regular feeding, sleeping and playing times, Gina explains how parents can help their baby to find a rhythm that will be comfortable for all concerned. Whether parents want to establish good sleeping habits from the start, or find they need to cure sleep problems and get their child back on track, Gina has the answers.

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