

Support for Army families

Gina Ford is the bestselling author of 'The Contented Little Baby' which was first published in 1999. She has gone on to write a further 9 books covering subjects such as weaning, feeding, sleeping, potty training and twins; as well as the popular 'Ella and Tom' series of books.

Gina retired from Maternity nursing in 2000 and continued to help parents in a consultancy role. Then in 2004, recognising that many mothers still felt isolated in spite of the wealth of information available, Gina launched Contentedbaby.com a dynamic, friendly online community.

Gina recognises the demands made upon Army families can mean that the amount of time mothers/fathers may have to cope on their own whilst their spouse is deployed on operations is substantial and Gina would like to show her support for the families by offering a free membership to The Contented Baby website and forums.

The membership will allow access to:

- The Contented Baby forums, where support of like-minded parents can be found.
- Access to 2,000 FAQs on feeding, sleeping and development answered by Gina and The Team.
- Benefit from case studies not published in the CLB series of books.
- An archive of over 150 features from recognised writers, nutritionists, psychologists and counsellors on parenting and lifestyle issues.
- A monthly online magazine with a personal message from Gina and exclusive features from our guest contributors and members.
- Access to Contented Toddler.com forums, FAQs, case studies etc.
- Contact a mum in your area: an opportunity for mothers wishing to meet other CLB mothers in the same area.

And much more.....

In order to obtain your membership to The Contented Baby website, please contact Sophie at sophie@contentedbaby.com quoting CLB Army membership in the subject box.

Please include the following information in the email:

First name:

Surname:

Age:

Occupation:

Country where you are stationed:

Your partner's name:

Your children's names and DOB:

Your email address:

Your membership will be set up and you will be contacted by email once it is active