

Gina Ford's Case Study Index

Gina's six books contain over 60 case studies from real situations in which she has advised parents and solved problems relating to sleeping, eating and behaviour. The problems range from night and early-morning waking to fussy feeding and tantrums with toddlers.

Locate the problem you are experiencing and check the age of the child in the case study. Use the key to identify which book contains the case study you need.

KEY: CBCC - From Contented Baby to Confident Child
 CSG - The Complete Sleep Guide for Babies and Toddlers
 FB - The Contented Child's Food Bible
 NCLB - The New Little Contented Baby Book
 PT - Potty Training in One Week
 W - The Contented Little Baby Book of Weaning

Anxiety

bowel movements	Jessica (22 mths)	PT	p.34
	Leo (30 mths)	CBCC/PT	p.128/p43
darkness	Samantha (28 mths)	CSG	p.157

Bedtime problems

Beatrice (27 mths)	CBCC/PT	p.121/p100
Sarah (23 mths)	CBCC	p.104

Behaviour problems

Mark (4 yrs)	PT	p.17
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Big bed problems

Andrea (20 mths)	CBCC	p.108
Callum (36 mths)	CSG	p.168
Sarah (23 mths)	CBCC	p.104

Blackout blind

Alexander (3 yrs)	NCLB	p.8
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Bowel movements

Felix (7 mths)	CSG	p.120
Leo (30 mths)	CBCC	p.128

Chocolate

Rory (36 mths)	CSG	p.171
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Colic

Milly (4 wks)	CSG	p.58
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Commercial foods

David (7 mths)	CSG/CBCC	p.106/p26
Emily (8 mths)	W	p.63
Liam (2 yrs 10 mths)	FB	p.113

Constipation

Ben (4 mths)	W	p.22
Molly (6 mths)	NCLB	p.194
Natalie (12 wks)	FB	p.173

Controlled crying

Harry (15 wks)	CSG	p.82
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	Jack (5 wks) Lauren (22 mths)	CSG/CBCC CSG	p.97/p.69 p.141
Cot			
association problems climbing out of	Jessica (22 mths) Joseph (18 mths)	PT CSG	p.34 p.148
Daytime naps			
cutting back too soon wrong timings	Kate (5½ mths) Harriet (12 wks) Ruby (10 mths)	CBCC CSG/CBCC CSG	p.65 p.80/p.39 p.126
Decreased milk intake	Polly (6 mths) Tara (5½ mths)	FB CSG/CBCC	p78 p.89/p.28
Dummy	Harry (15 wks)	CSG	p.82
Early-morning waking	Edward (5 mths) Joseph (10 wks) Kate (5 mths) Ruby (10 mths) Sophia (4 wks)	CSG CSG/CBCC CSG CSG CSG/CBCC	p.92 p.78/p.42 p.95 p.126 p.72/ p.48
Excessive fluid intake	Benjamin (23 mths)	FB	p.54
Excessive milk intake	Thomas (6 mths) Rachel (17 mths)	CSG/CBCC CSG	p.123/p.57 p.135
Excessive protein intake	Alfie (4 yrs)	FB	p.11
Fussy eating	Alfie (4 yrs) Anya (2yrs 10 mths) Asha (9 mths) Benjamin (23 mths) Charlotte (14 mths) Davina (18 mths) Emily (8 mths) Gemma (27 mths) Lauren (22 mths) Theo (11 mths)	FB FB CBCC FB FB W W CBCC CSG W	p.11 p.19 p.32 p.54 p.152 p.98 p.63 p.155 p.141 p.98
Getting out of bed	Joseph (18 mths)	CSG	p.148
Growth spurts	Milly (4 wks)	CSG	p.58
Mealtime battles	Davina (18 mths) Francesca (4½ yrs) Gemma (27 mths)	W FB CBCC	p.98 p.191 p.155
Moro reflex	Joseph (10 wks)	CSG/CBCC	p.78/p.42

Low milk supply	Dylan (6 mths)	FB	p.89
	Polly (6 mths)	FB	p78
	Shaun (6 mths)	CBCC	p.20
Nightmares	Scarlett (26 mths)	CSG	p.163
	Sophie (35 mths)	CBCC	p.166
Night terrors	Daniel (28 mths)	CSG/CBCC	p165/p169
Night waking			
anxiety	Holly	CSG	p.110
big bed	Andrea (20 mths)	CBCC	p.108
bowel movements	Felix (7 mths)	CSG	p.120
blackout blind	Alexander (3 yrs)	NCLB	p.8
chocolate	Rory (36 mths)	CSG	p.171
daytime sleep wrong	Harriet (12 wks)	CSG/CBCC	p.80/p.39
dummy	Harry (15 wks)	CSG	p.82
hunger	David (7 mths)	CSG/CBCC	p.106/p26
	Lauren (22 mths)	CSG	p.141
	Thomas (6 mths)	CSG/CBCC	p.123/p57
insufficient solids	James (5½ mths)	NCLB	p.173
	Lauren (22 mths)	CSG	p.141
low milk supply	Shaun (6 mths)	CBCC	p.20
potty use	Beatrice (27 mths)	CBCC	p.121
sleeping position	Lucy (9 mths)	NCLB	p.187
standing up in cot	Megan (12 mths)	CSG	p.129
twins	Freddy & Isabella (5 wks)	CSG/CBCC	p.100/p51
weaning from breast	Eliza & Emily (6 mths)	NCLB	p.181
weaning too early	Molly (6 mths)	NCLB	p.194
wrong formula	Antonia (12 wks)	CSG	p.86
	Natalie (12 wks)	FB	p.173
wrong diet	Liam (2 yrs 10 mths)	FB	p.113
Overstimulation	Gemma (27 mths)	CBCC	p.155
Overtiredness			
cutting back naps	Kate (5½ mths)	CBCC	p.65
late bedtime	Gemma (27 mths)	CBCC	p.155
night terrors	Daniel (28 mths)	CSG/ CBCC	p165/p169
sleep associations	Samantha (28 mths)	CSG	p.157
Potty training			
anxiety, bowel movement	Leo (30 mths)	CBCC	p.128
nappy confusion	Libby (29 mths)	PT	p.87
night-time nappies	Beatrice (27 mths)	CBCC/PT	p121/p100
regression	Anastasia (25 mths)	PT	p.58
	Samuel (3 yrs)	PT	p.95
stubborn child	Mark (4 yrs)	PT	p.17
twins	Kate & Toby (26 mths)	PT	p.50

Reflux	Alice (6 wks)	NCLB	p.102
	Francesca (4½ yrs)	FB	p.191
Refusal			
of bottle	Eliza & Emily (6 mths)	NCLB	p.181
of food	Benjamin (23 mths)	FB	p.54
	Charlotte (14 mths)	FB	p.152
	Daniel (10 mths)	FB	p.127
of lumpy food	Marietta (14 mths)	FB	p.99
of milk	Dylan (6 mths)	FB	p.89
of vegetables	Alfie (4 yrs)	FB	p.11
	Hannah (5½ mths)	W	p.30
Separation anxiety	Holly	CSG	p.110
Sleep associations			
car/buggy	Samantha (28 mths)	CSG	p.157
dummy	Harry (15 wks)	CSG	p.82
feeding to sleep	Lauren (22 mths)	CSG	p.141
	Rachel (17 mths)	CSG	p.135
singing/reading	Sarah (23 mths)	CBCC	p.104
Sleep training	Joseph (18 mths)	CSG	p.148
	Rachel (17 mths)	CSG	p.135
	Robert (4 mths)	NCLB	p.165
Standing up in cot	Megan (12 mths)	CSG	p.129
Tantrums	Anya (2yrs 10 mths)	FB	p.19
	Francesca (4½ yrs)	FB	p.191
	Gemma (27 mths)	CBCC	p.155
	Mark (4 yrs)	PT	p.17
	Liam (2 yrs 10 mths)	FB	p.113
	Libby (29 mths)	PT	p.87
Teething	Daniel (10 mths)	FB	p.127
Twins			
night wakings	Eliza & Emily (6 mths)	NCLB	p.181
	Freddy & Isabella (5 wks)	CSG/CBCC	p.100/p51
potty training	Kate & Toby (26 mths)	PT	p.50
Unsettled evenings	Milly (4 wks)	CSG	p.58
Weaning			
breast to bottle	Eliza & Emily (6 mths)	NCLB	p.181
	Shaun (6 mths)	CBCC	p.20
excessive milk intake	Thomas (6 mths)	CSG/CBCC	p.123/p57
finger food	Asha (9 mths)	CBCC	p.32
	Marietta (14 mths)	FB	p.99

	Theo (11 mths)	W	p.98
low carbohydrate intake	Kate (5 mths)	CSG	p.95
snacks	Charlotte (14 mths)	FB	p.152
	Davina (18 mths)	W	p.98
too early	Antonia (12 wks)	CSG	p.86
	Ben (4 mths)	W	p.22
	Molly (6 mths)	NCLB	p.194
too much fluid	Theo (11 mths)	W	p.98
vegetable refusal	Hannah (5½ mths)	W	p.30
wrong consistency	Marietta (14 mths)	FB	p.99
wrong foods	David (7 mths)	CSG/ CBCC	p106/p26
	Dylan (6 mths)	FB	p.89
	Emily (8 mths)	W	p.63
	Kate (5 mths)	CSG	p.95
	Molly (6 mths)	NCLB	p.194
	Tara (5½ mths)	CSG/CBCC	p.89/p/28
wrong times	Edward (5 mths)	CSG	p.92