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Lisa hoping to be supernanny for UK mums

4:00pm Thursday 30th May 2013 in [News](#)



Lisa Clegg published The Little Baby Expert in February and already it has sold hundreds of copies to UK mums.

A COLCHESTER supernanny is hoping to take the maternity world by storm after attracting rave reviews for her new book.

Lisa Clegg published The Blissful Baby Expert in February and already it has sold hundreds of copies to UK mums.

Mum-of-three Mrs Clegg worked for seven years as a maternity nurse and as a maternity night nurse and says she is well-placed to offer advice.

"When I'm working, people are always telling me I should write a book," said Mrs Clegg, of Green Acres Road, in Layer de la Haye.

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"People always have questions and I'm always able to give them some sort of answer, so I wanted to offer advice to as many people as I could."

Mrs Clegg began writing the book - which covers topics such as preparing to become parents feeding and sleeping - in May last

year, but had to fit it in with her job and three young children, Jack, aged ten, Ollie, seven and Loren, two.

The book is available from theblissfulbabyexpert.co.uk, priced at £7.50 and can also be bought from Amazon as Kindle edition for £1.03.

Lisa's top three tips

- Don't let your baby start to snack feed. Follow a structure of feeding every three hours. But if you genuinely think your baby is hungry, of course feed it.

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Updated 10:39pm Wednesday 12th June 2013

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