


## Description

## Book Review: Sensitive Midwifery by Caroline Flint

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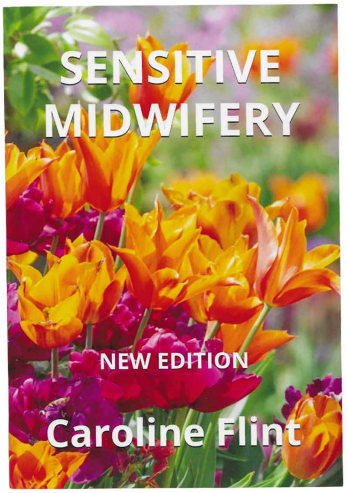
**Review by: Sheena Byrom and Dr Anna Byrom – All4Maternity**




Sheena Byrom and Anna Byrom reflect on the value and influence Caroline Flint's book has had on their careers, offering insight into the way every midwife and maternity professional can benefit from the practice-focused lessons and guides.

I (Sheena) remember discovering the first edition of Caroline's book. It was the 1980s and the book was the first of its kind – written in the first person. Caroline shared ways to compassionately care for women and families and uniquely, for us as midwives. To me, the text was like a treasure trove of tips for personalised care, brought to life with delightful

hand- drawn illustrations that often-included Caroline herself. The book influenced my practice and helped me to value myself, too, as a midwife.

How lucky I (Anna) am to have been indirectly influenced by Caroline's book as a young girl, in the 1980's observing my mum, Sheena, practising midwifery at our local village birth centre and then, more directly, during my own midwifery education, practice and career. I have always been driven to practice as Caroline promotes, in a way that is sensitive, relationship-based and centred on the full continuum of care.

Most recently, we (Sheena and Anna) have come together to enable learning, sharing and caring for all midwives and maternity staff through All4Maternity, The Practising Midwife and The Student Midwife journals. Our work continues to be influenced by the wisdom contained across the 15 chapters of the new edition of Caroline's book. Caroline walks us through care consideration for childbearing women, people, newborns and families after a heart-felt introduction and critical examination of the impact of 'nasty' guidelines and their tension with personalised care. The book ends with consideration of the sensitive colleague and how midwives must nurture and sustain themselves and each other with a post-script and final epilogue reviewing the need for the Association of Radical Midwives and why sensitive midwives need to keep working for better maternity care.

The book is full to the brim with beautiful illustrations and breathes a sense of spring, a glimmer of light, at a time that, for some of us, has threatened darkness and challenge. We certainly felt hopeful as we leafed through the pages full of solutions and practical ways ahead. **TPM**

You can click here to read All4Maternity CEO Anna Byrom's chat with Caroline Flint, talking all things Sensitive Midwifery.

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