

Description

Book Review: Why Infant Reflux Matters by Carol Smith

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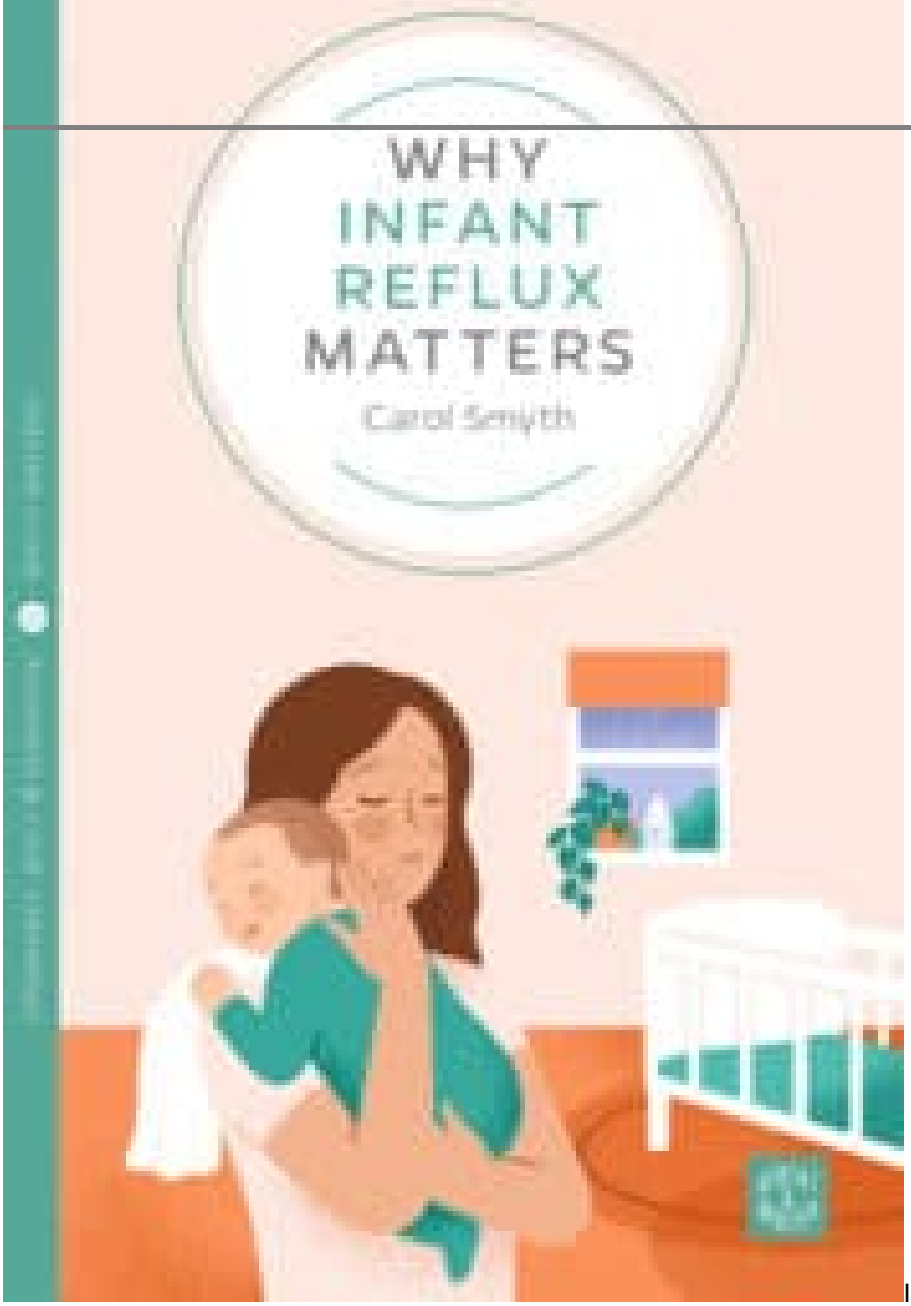

I thoroughly enjoyed reading this book; I learnt a great deal and found the information on normal reflux and newborn behaviour to be particularly relevant to midwifery practice. It is clear that the author is passionate and very knowledgeable about infant reflux and the fourth trimester; her non-judgemental, balanced approach shone through the gentle and reassuring language used throughout.

A significant take-away from this book is what constitutes as normal reflux, and why, which is key to dispelling the common myths shrouding infant reflux. This information alone can be extremely useful and empowering for new parents. Infant reflux is a complex topic, yet the author explains the biological mechanisms well in the early chapters. The rest of this book is then built upon this understanding, which is absolutely needed, yet I found the start of book the most difficult part to read which may be off-putting for some. If this is the case for you, persist – from chapter three onwards it becomes a much easier read.

I particularly enjoyed the evidence-based, balanced discussion around the risks and benefits of various reflux treatments. Relevant research is weaved throughout this book, however I noticed that a lot of it was dated; I assume this

is because little recent evidence is available, but from a critical perspective I would have liked the author to acknowledge this in her discussion of the evidence. Concerned parents would find chapters six and seven most useful – the author uses a solution-focused approach in response to common symptoms and behaviours, which provides a clear guide.

The final chapter is a beautiful conclusion to the book; it ends the book well so I can understand why it is in the final pages, but the information is so vital for all parents, regardless of whether their baby has reflux or not, that I feel it could also be well placed at the start of the book. Indeed, for this reason I would encourage all parents to read this book, or at least the final chapter, as it gives vital information on normal newborn behaviours and what to expect.

Sophie Rickett – Newly Qualified Midwife, Royal Surrey NHS Foundation Trust

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