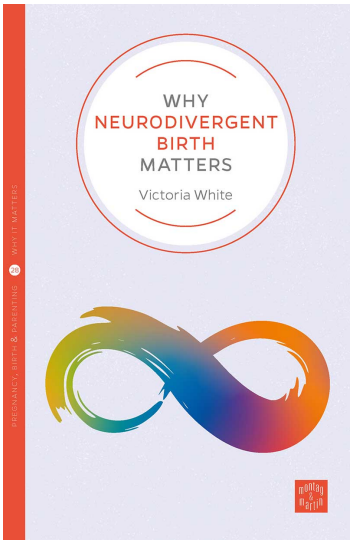


Description

Book Review: Why Neurodivergent Birth Matters by Victoria White



Review by: Dr Alys Einion FRCM Senior Lecturer, University of Dundee

Publication date: 2025

Published by: Montag & Martin

Format: Pbk, 160pp

RRP: £7.85

ISBN 978-1780668253

This is an absolute gem of a book, packed with useful information presented in an inclusive, sensitive and useful manner to enhance the ability to care for women and birthing people who are neurodivergent. It provides clear definitions of neurodiversity and neurodivergence and offers a personal account from the author as a neurodivergent parent herself.

Each chapter provides a foundation of crucial knowledge to understand how birth can be experienced by neurodivergent women and highlights the dearth of knowledge and research on women and neurodiversity due to chronic gender bias. Key topics include the vast diversity of sensory processing issues that can be experienced by such mothers, communication needs, executive functioning issues and mental health for neurodivergent parents. There are chapters on breastfeeding and lactation, birth and postnatal planning, and accessing support. Chapters have really useful summaries at the end, and the book is written from a perspective of advocacy, inclusion and the celebration of diversity. As a neurodivergent mother and midwife, I am delighted to see such a comprehensive, open and detailed resource to support professionals in providing more personalised maternity care. **TPM**

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