

Hello World: A Baby's Journey

A Book Review by Prof Agnes van Dyk



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Du Plessis D & Grobler A 2018. Hello world: A Baby's Journey. South Africa: Woodrock Publishing.

The journey of pregnancy and delivery can be smooth and problem-free for some women. However, some women are not that lucky, and experience problems and difficulties during pregnancy, delivery, and with baby care. This book provides rich information on pregnancy-related factors and baby care. The authors used their expertise to identify and give professional advice on common problems that are experienced during pregnancy, delivery and in the postnatal stage.

The book prepares parents-to-be on what to expect throughout their pregnancy journey and labour, as well as on how to take care of themselves and their babies after birth. Different methods of deliveries are explained, including their advantages and disadvantages. Knowledge of what to expect helps women to be psychologically prepared, thereby decreasing anxiety and accelerating the recovery process. Information on immediate baby care and feeding helps parents to make plans and prepare for the arrival of their babies, and to make informed choices on feeding options. By reading this book, parents will also learn how to manage and cope with common disorders associated with pregnancy, postnatal stage, new-borns and baby feeding. The authors of this book recognise the important role of fathers throughout pregnancy, birth and childcare. Therefore, they included special pages to equip fathers with knowledge on how to support and care for their partners, and assist with baby care.

The book is written in a professional, yet easy to understand language. The visual aids displayed in this book represents real obstetric situation, making it easier for the reader to understand the content. Reading through, I could not identify any shortcoming that is worth mentioning. I am therefore recommending this book to all the parents-to-be and health care workers that are working with pregnant women and babies.