

Hello World: See Me Drink

A Book Review by Prof Agnes van Dyk



Prof. van Dyk is the Director of the School of Health Sciences at IUM with effect from 01 April 2013. Before IUM, she was employed by UNAM as a full Professor till she resigned in 2012.

She holds a PhD in Nursing from the University of Namibia and various Professional nursing qualifications.

Prof. van Dyk has over twenty years of experience in nursing education in Namibia.

Du Plessis D & Grobler A 2018. Hello world: See Me Drink. South Africa: Woodrock Publishing.

Almost every parent wants to do what is best for their babies. However, in most cases they are faced with a dilemma of choosing the best feeding options for their new-born babies. "Hello world: See Me drink" is written with the purpose of addressing these challenges by providing parents with essential information to assist them when making decisions on how to feed their babies. The book also talks to health care workers, emphasising the importance of being considerate and sensitive when giving feeding advice to parents.

As experts in the subject matter, the authors emphasised the importance of breastfeeding, highlighting the role that it plays in the baby's immune system. Different methods of enhancing breastfeeding are explained, to address various obstacles that may force women to stop breastfeeding unintentionally. These obstacles are discussed in detail in the chapter A-Z of breastfeeding, with advice given on how to overcome them. The book also contains important hints for dads, giving them advice on how to assist and support their partners towards successful breastfeeding. However, the authors also considered the fact that there are some parents who are either not able or willing to breastfeed. Therefore, other feeding options such as donor breast milk and formula feeds, are explained.

The language used in the book is simple and easy to understand. All the medical phrases are explained in lay terms to enable understanding by people outside the medical field. Visual aids are also used to enhance understanding and attract the reader's attention, thereby encouraging further reading.

However, the book also appears to be mostly addressing a traditional family structure that consists of dad and mom, despite the fact that different types of family structures exist in the modern era.

Apart from the issue mentioned above, I will recommend this book to every family that is planning to have children. I will also recommend it to health care workers, especially those working in reproductive health care services.