

Vitamin K and the Newborn
by Dr Sara Wickham
Birthmoon Creations

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Available to order on line: <http://www.sarawickham.com/>

Sara Wickham's latest book, **Vitamin K and the Newborn**, offers readers a comprehensive discussion of the pros and cons of deciding whether or not to permit doctors or midwives to give their baby Vitamin K. If they decide to agree, what method would they want to be used. Injection, drops, and if drops when should they be given? If they decide not to agree what alternatives are there?

Vitamin K is routinely given to babies shortly after the birth and as a parent you have the right to decline, choose the method of delivery or consider other alternatives.

As Sara notes in her book, the average chance of a baby experiencing late onset Vitamin K Deficiency Bleeding is 1 in 11,363, which raises the question: why give prophylactic treatment to the 11,362 who will not have a problem, and if you decide not to agree to the treatment what if your baby is the one?

Women are often told that babies have low levels of vitamin K in their blood and the mother has low levels in breast milk. If that is so is there a physiological reason for that? There are many questions to be answered about the routine use of Vitamin K and, unfortunately, few of them, as Sara notes in the book, are answered by the research.

If you are looking for a book that comprehensively examines the issues, and the research relating to Vitamin K, then this is the book for you. It is written in a friendly, almost chatty style, with the aim of enabling parents to think about the issues and make their own informed decisions.

A valuable book for parents, doctors, midwives and anyone else involved in maternity care.

Beverley A Lawrence Beech