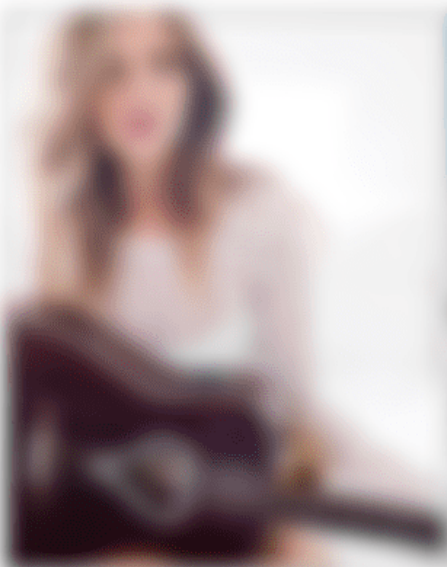


Jam-packed summer season



Why not... spend time with little ones?

It's a common sight in parks and public spaces across the country. A group of children and adults are playing together, laughing and having fun. It's a beautiful sight, and it's one that we should all encourage. Spending time with little ones is not just good for their health and development, but it's also good for our own. It helps us to relax, to forget our worries, and to enjoy the simple pleasures of life. So why not take a break from your busy schedule and spend some time with the little ones in your life? You'll be glad you did.



Advice from the midwife

A loving mother and experienced midwife has written a book to help other parents understand their baby, writes *Kayleigh Brookfield*.

Rachel Fitz-Desorgher has 30 years experience working with little ones, having specialised in infant feeding and worked at the Royal Berkshire Hospital.

Her new book helps mothers to understand their babies, as well as uncovering the reasons babies act the way they do.

When she decided to write the book 'Your Baby Skin to Skin' about a year ago, Rachel's daughter-in-law was pregnant with her now grandson Arthur.

Rachel said: "It was so nice to be writing about something and seeing it happen at the same time."

"I would write a section of my book and then Arthur would go through the same thing, it was fascinating."

Rachel and her colleagues run an independent midwifery care group, 'Henley Birth Care', which aims to provide a new form of midwifery care.

Rachel said: "We like to do things differently- new mums want somebody to



turn to who can reassure them that what they are going through is normal.

"I am not the kind of midwife to simply place my hand on my client's stomach. I like conversations which is why I found it easy to write a book. I used a very conversational tone throughout.

"Babies have evolved to do all the things that keep them safe. Every day I gently suggest that a woman take notice of her own natural behaviour in response to her baby's cries and stop fighting the urge to suckle, again."

Rachel also works closely with EDS UK which is a charity supporting those with Ehlers Danlos Syndrome.

"I suffer from the illness myself so feel it is important to support those with it," she continued.

"It causes a weakness of tissues which can cause complications during child birth."

Rachel's expertise in infant feeding have led to her being frequently asked to lecture and teach other health care professionals across the country.

'Your Baby Skin to Skin' is available for £12.99 from amazon.co.uk

