BOOK REVIEWS

Your Bundle of Joy
PRADEEP KUMAR MEHTA
IVYNIB Communications Pvt Ltd, New Delhi
Pages: 189; Price: Rs. 395/-.

This book by Dr Mehta is truly a treasure house of information, from the desk of a pediatrician with longstanding experience of ‘involved’ office practice. It is not often that one comes across a book which addresses all the possible FAQs of parents with the fragrance of personal experiences. The author’s style of presenting it in first person relates directly to the reader and he feels to “spoken to.” Some facts on nutrition may not go in tandem with the IAP’s recommendations – but on the whole, the book written in simple language with a few vernacular expressions is a delightful read and a must for young parents and young pediatricians. Young physicians will find it useful to structure their advisories for new, anxious parents. The last chapter consists of tips from the author’s own parenting experiences.

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Essentials of Maternal, Infant, Young Child and Adolescent Nutrition
SATISH TIWARI, KETAN BHARADVA, AKASH BANG, KE ELIZABETH, SUDHIR MISHRA, CR BANAPURMATH
Tree Life Media, 2022
Pages: 764; Price: 2495/-.

Nutrition is the key element for physical and mental development of infants, children and adolescents. This book aims to empower students in the field of medicine and nutrition, as well as parents, by providing them scientific and unbiased information about childhood nutrition. This voluminous book provides an in-depth account of the subject through its 100 chapters divided in 10 sections and an Appendix. Though, the book aims to cover the topic of nutrition throughout the lifecycle of a child, the emphasis is on infant and young child feeding (IYCF), mainly breastfeeding. Regarding IYCF, not only the concept and recommendations are covered well, the traditional practices, myths, available support, practical issues, and feeding in difficult situations are also mentioned adequately. There is one chapter regarding adolescent nutrition that too covers only the outline and summary of the topic. Similarly, nutrition for children beyond two years of age is also covered only at few places along with nutritional requirements, and few disorders such as undernutrition and obesity. Besides covering above in detail, the future editions will also benefit from inclusion of chapters on nutritional management of common disorders of children such as celiac disease and persistent diarrhea. Other suggestions for future editions include ensuring uniform style of presentation of tables, boxes, figures, reference etc., and avoiding overlaps. The production quality is good, and flow diagrams and pictures are simple and easy to understand. I recommend this book for public health professionals, nurses, and postgraduate trainees in the field of nutrition, public health and pediatrics.

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