

3rd and last part

Birth and infant problems

1. Is there a direct relation between a traumatic birth and infant problems under your experience?

Depending on the severity of the trauma, it can result in some problems in the early days and such babies may require extra support when establishing feeds.

2. What kind of birth is the most beneficial for babies and mums?

A normal vaginal delivery is best. It has also been shown that babies born vaginally receive beneficial bacteria during the birth process which can boost their immune system. However, a vaginal delivery is not an option for all mothers. If your baby is born by cesaerian section they will still receive an immune boost from their mothers' breast milk.

Personal

3. If you could change the motherhood world, what would you change?

I would like to see mothers having more time to focus on their baby...more support around the time of delivery and post delivery – especially when they go home in the early days... and of course longer maternity leave so that they can breastfeed, as is recommended, until one year and beyond.

4. How do you feel about the important work you do?

There is lots of evidence that early nutrition plays a key role in long-term health. Therefore i think it is very important that we ensure that nutrition from the time of conception, throughout pregnancy, early life and childhood, is as good as it can possibly be.

I think it is important also to remember that feeding is more than just about food. Of course it is important to provide a healthy, nutritious diet, but feeding is also a learning and social experience. It is important that this experience is a positive one and that young children progress from milk feeds in early life to enjoying nutritious meals with their family by the age of 1 year.

5. What is the best part of your job?

Seeing the babies grow and mature into healthy children, and of course seeing them go home to their families after their stay in the Neonatal Unit.

Thank you again for your time and for the excellent work you are doing every day. It has been an honour to have you here :) Amor.

Link to the Spanish version of the interview:

<http://www.babog.org/2010/04/15/entrevista-a-la-experta-en-nutricion-roberta-mccarthy-y-iii---nacimientos-y-otros>