

Danger recognised, danger avoided



Silvia Höfer, Dr. Thomas Höfer

Is That Harmful for My Baby?

[Ist das schädlich für mein Kind?]

Recognising and assessing risks during pregnancy and infancy

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Silvia Höfer has been a freelance midwife in Berlin for over 40 years. She spent time as a midwife in South India and Sudan, and was a founding member of the first German birth centre association. She gives lectures and has written numerous medical articles as well as textbooks for midwives and doctors.

Dr. Thomas Höfer was a toxicologist for over 40 years at the Federal Health Office, Federal Ministry for the Environment, and most recently in a leading position at the Federal Institute for Risk Assessment. He authored many articles on the hazards of chemicals and is co-author of bestsellers on the risks of nuclear energy.

Is breast milk impure? How harmful is the radiation around us? To vaccinate or not? Expectant and new parents are concerned about these and similar topics. Rumours, myths, and misinformation can easily be unsettling.

The authors, a toxicologist and a midwife, each with over 40 years of professional experience, take on these issues and investigate the fear tactics of the Internet and the press. Using the latest scientific studies, they explain the actual risks and present practical, everyday tips on how to avoid them. Though dangers exist, it has never been as safe for children as it is today.

- Based on the latest scientific findings
- The most frequent questions of expectant and new parents, answered clearly and competently