



## **ILCA Print and Multimedia Reviews December 2009 – Available at [www.ILCA.org](http://www.ILCA.org)**

### **Spanish for Breastfeeding Support: A self-guided course to help you support breastfeeding mothers in Spanish**

Diana Glick, MA and Tanya Lieberman, IBCLC

Hale Publishing, LP, 2009

225 pages, illustrated, 2 CDs, resources, glossaries, 12.8 CERPs, (US)\$39.95, softcover

Orders: Hale Publishing, 1712 N. Forest Street, Amarillo, TX 79106 USA

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URL: [www.iBreastfeeding.com](http://www.iBreastfeeding.com)

The need for Spanish speaking lactation consultants in the United States grows each year. **Spanish for Breastfeeding Support** is a comprehensive course in Spanish, and an excellent resource for anyone providing lactation support to Spanish speaking clients, including lactation consultants, health educators, physicians, and nurses.

The book is clearly written and follows a logical progression. Each chapter begins with a dialogue between a mother and a health care provider. Important phrases from the dialogue are reviewed, and then grammar or vocabulary is introduced. The dialogues teach both language and evidenced-based lactation consulting. Vocabulary includes anatomy, important phrases (for example “how often is your baby eating?” and “I suggest you watch the baby, not the clock” p. 48), numbers, and the alphabet and its pronunciation, among others. Tear-out reference sheets throughout the book have key vocabulary and phrases covering everything from basic greetings to weaning. The information provided is generally excellent, with the exception of a diagram of a breast depicting the alveoli as separate from the fatty tissue (p. 5, 11, 17).

Two CDs accompanying the book contain clearly spoken dialogue and vocabulary. Excerpts of the spoken dialogues and additional exercises are available free online. Practice being pivotal in learning any language, the audio portion of the program allows frequent listening and repetition. Answer keys offer the learner immediate feedback to reinforce newly learned vocabulary. In addition, 12.8 CERPs are offered when the exercises in the book are completed and submitted to Hale Publishing.

The authors suggest that this book be used as a self-guided course, as a textbook, and as a reference book. I highly recommend **Spanish for Breastfeeding Support** for all of these purposes. Given the excellence and clarity of the information presented, it serves a dual purpose for the learner, teaching both Spanish and the basics of lactation consulting. The book will be useful in the personal libraries of all health care providers who care for Spanish speaking clients, and provides an important tool for any lactation consultant wanting to learn or teach Spanish.

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