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Spanish for Breastfeeding Support: A Self-Guided Course to Help You Support Breastfeeding Mothers in Spanish

Diana S. Glick, MA, and Tanya M. Lieberman, IBCLC, RLC © 2016 Praeclarus Press, 234 pages, paperback, \$29.95

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In June 2015, The Pew Research Center recorded that Hispanics in the United States reached a record population of 57 million (Krogstad, 2016). As a native Spanish speaker, I know from experience that we Latinas go through countless challenges because of communication barriers with our healthcare providers. This is especially so during the stressful time of birth and postnatal care when mothers have breastfeeding questions and need answers.

We desire to be understood. We desire to communicate with our care providers in the Spanish language. We desire for them to help us be healthy.

Spanish for Breastfeeding Support: A Self-Guided Course to Help You Support Breastfeeding Mothers in Spanish is

an excellent resource. The book equips the healthcare professional with listening, comprehension, common phrases, expressions, quick references, pronunciation exercises, images, and vocabularies in both languages, English and Spanish. It is crucial for healthcare professionals to fully engage, speak, and understand their Spanish-speaking patients. The book is a must for anyone in the healthcare field whose goal is to better communicate, teach, and help Latina mothers, their children, and families to be successful at breastfeeding

Reference

Krogstad, J. M. (2016). *Key facts about how the U.S. Hispanic population is changing*. Retrieved from <http://www.pewresearch.org/fact-tank/2016/09/08/key-facts-about-how-the-u-s-hispanic-population-is-changing/>

Elizabeth Chang, BSc, CLC, is a native Spanish speaker and the fourth-generation of long-term breastfeeders, a wife, and mother of a five-year-old boy who weaned at 34 months. She holds a Bachelor of Science in Communication and Technology, a certification as Lactation Counselor from the non-profit Academy of Lactation Policy and Practice, is studying to obtain her credential as an International Board Certified Lactation Consultant, and is finishing her prerequisites towards nursing school. Liz offers breastfeeding counseling to women throughout New York, New Jersey, and Northeastern Pennsylvania as Founder & CEO of Pretty Mama Breastfeeding, LLC (prettymb.com). She has been featured at the national level by The Healthy Children Project, The Milk Mob, Health Connect One, Mamas con Poder, the National Association of Women Business Owners (NAWBO), The Statewide Hispanic Chamber of Commerce of New Jersey, Latinas in Business USA, NBC40, Latino Motion, South Jersey TV News, and NormalizeBreastfeeding.org.