



ILCA Print and Multimedia Reviews **October 2010 – Available at www.ILCA.org**

Clinics In Human Lactation 6: Mentoring Our Future

Denise Altman, RN, IBCLC, LCCE

Hale Publishing, 2010

77 pages, glossary, bibliography, no index, US\$18.95, softcover

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

Tel: 800-378-1317 and 806-376-9900

Fax: 806-376-9901

URL: www.ibreastfeeding.com

“Mentoring is a heavy responsibility and implies a long term [*sic*] connection between the mentor and learner” (p. 23). Thus begins Denise Altman’s monograph on mentoring, aimed at lactation consultants who desire to share their knowledge and experience with those growing in the lactation field.

Altman’s work is not a template of lactation subjects to teach within the mentoring relationship. Rather, she walks the reader through the process of mentoring from beginning to end, including preparation groundwork, personality checks, setting up clinical experiences, communication methods, and ending the mentoring relationship. Inserted throughout the book are valuable illustrations from leaders in the field of breastfeeding who have found solutions to their mentoring situations. Real-life practice challenges are also included to stimulate the reader’s thinking and inspire creative opportunities for the worksite, whatever that might encompass.

Altman’s desire to “stay directed on the elements of mentoring and creating a mentoring program or process” (p. 8) has produced a unique and valuable tool in this monograph. The suggested library for mentors is thorough and complete, and includes professional as well as parenting books. The emphasis on evidence-based practice is seen throughout this book.

Altman’s work is a valuable tool for IBCLCs who are planning to mentor up-and-coming IBCLCs, Peer Counselors, La Leche League Leaders, and others who will be entering the lactation field. Whether in private practice, based in a hospital, in a clinical setting, or peer counseling, this monograph is a good investment to add to your professional library.

Kathy Parkes, IBCLC, FILCA

San Antonio, Texas USA