
BIRTH DOULA CERTIFICATION REQUIRED READING LIST

In order for you to become certified with DONA International, you must read DONA International's Birth Doula Position Paper and at least five of the following books from the DONA International Birth Doula Reading List. A Statement of Completion form is included in the Certification Packet.

- **DONA International's Position Paper: *The Birth Doula's Contribution to Modern Maternity Care*, 2006**

AND

The following two books:

- Klaus, Kennell & Klaus, *The Doula Book*, 2nd edition, 2002
- Simkin, *The Birth Partner: Everything You Need to Know to Help a Woman through Childbirth*, 3rd edition, 2008

At least one of the following:

- Kitzinger, *The Complete Book of Pregnancy and Childbirth*, 4th edition, 2004
- Simkin, Whalley & Keppler, *Pregnancy, Childbirth and the Newborn: the Complete Guide*, revised, 2001
- Douglas, *The Mother of All Pregnancy Books: the Ultimate Guide to Conception, Birth and Everything in Between*, 2002 (U.S. or Canadian version)
- Whalley, Simkin & Keppler, *The Simple Guide to Having a Baby* (simple English version), 2005

At least one of the following:

- Harper, *Gentle Birth Choices: A Guide to Making Informed Decisions about Birthing Centers, Birth Attendants, Water Birth, Home Birth, Hospital Birth*, revised 2005
- Gaskin, *Ina May's Guide to Childbirth*, 2004
- Peterson, *An Easier Childbirth: A Mother's Guide for Birthing Normally*, 1993
- Goer, *The Thinking Woman's Guide to a Better Birth*, 1999

At least one of the following:

- Mohrbacher, Stock & Newton, *The Breastfeeding Answer Book*, 3rd edition
- Mohrbacher & Kendall-Tackett, *Breastfeeding Made Simple*, 2005 (Available in the U.S. and Canada)
- Newman & Pitman, *The Ultimate Breastfeeding Book of Answers*, 2000 (Available in the U.S.)
- Newman & Pitman, *Dr. Jack Newman's Guide to Breastfeeding*, 2000 (Available in Canada)
- Huggins & Lawrence, *The Nursing Mother's Companion*, 5th edition, 2005