

## **POSTPARTUM DOULA CERTIFICATION REQUIRED READING LIST**

The following are the categories from which course participants can choose their required reading. Choose one book from each category. Please note that some books appear in more than one category. This is intentional, for persons who want to minimize costs or reading time. One book from each of the first three sections must be read before attending your 27 hour Postpartum Doula Training.

**Books are available through the Doula Boutique on the DONA website [www.DONA.org](http://www.DONA.org).**

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### **Section One: Becoming a Mother** (choose one)

*The New Mother:* Eagan

*Misconceptions:* Wolf

*Ourselves as Mothers:* Kitzinger

*Mothering the New Mother:* Placksin

*The Year After Childbirth:* Kitzinger

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### **Section Two: The Newborn** (choose one)

*Your Amazing Newborn:* Klaus and Klaus

*The Mind of Your Newborn Baby:* Chamberlain

*Infancy:* Field

*The Year After Childbirth:* Kitzinger

*Touchpoints:* Brazelton

*The Vital Touch:* Heller

*The Baby Book:* Sears

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### **Section Three: Breastfeeding** (choose one)

*The Ultimate Breastfeeding Book of Answers:* Newman

*Dr. Jack Newman's Guide to Breastfeeding* (Canada)

*The Breastfeeding Answer Book:* La Leche League

*Breastfeeding Made Simple:* Morbacher and Kendall-Tackett

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### **Section Four: Family Building, Touch and Attachment** (choose one)

*Bonding:* Kennell and Klaus

*The Vital Touch:* Heller

*The Family Bed:* Thevin

*Becoming a Father:* Sears

*The Baby Book:* Sears

*Fathering Right From the Start:* Heinowitz

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### **Section Five: Infant Care** (choose one)

*The Baby Book:* Sears

*The Mother of All Baby Books:* Douglas

*Pregnancy, Childbirth, and the Newborn:* Simkin

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### **Section Six: Postpartum Mood Disorders** (choose one)

*Overcoming Postpartum Depression and Anxiety:* Sebastian

*This Isn't What I Expected:* Kleiman

*Depression in New Mothers:* Kendall-Tackett

*The Postpartum Husband:* Kleiman

*I'm Listening:* Honikman

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### **Section Seven: Birth** (choose one)

*The Complete Book of Pregnancy and Childbirth:* Kitzinger

*The Birth Partner:* Simkin

*The Birth Book:* Sears

*Pregnancy, Childbirth, and the Newborn:* Simkin

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### **Section Eight: Multiples** (choose one)

*Having Twins and More:* Noble

*Multiple Blessings:* Rothbart

*The Art of Parenting Twins:* Malstrom

*Mothering Multiples:* Kerkhoff Gromada

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### **Section Nine: The Mother's Changing Body** (choose one)

*Essential Exercises for the Childbearing Year:* Noble

*Pregnancy, Childbirth and the Newborn:* Simkin

*The Year After Childbirth:* Kitzinger

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### **Section Ten: The Work of the Postpartum Doula** (choose one)

*Nurturing The Family: The Guide For Postpartum Doulas:* Kelleher

*Nurturing Beginnings:* Pascali-Bonaro

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