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## **BIRTH DOULA CERTIFICATION REQUIRED READING LIST**

You must read the latest revision of both of DONA International's Position Papers and the book listed under Required Reading. In addition, you need to read at least one (1) of the most recently published editions of the books from each of the six (6) additional groups of books listed. To confirm and verify your reading, include the signed Statement of Completion form with your certification application.

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Must BRING to the workshop:

·  
The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas and All Other Labor Companions by Penny Simkin (2013, or later)

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REQUIRED READING FOR CERTIFICATION / Beneficial Reading in Preparation for Workshop Attendance:

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DONA International's Position Paper: The Birth Doula's Contribution to Modern Maternity Care by DONA International (2012, or later)

·DONA International's Position Paper: The Postpartum Doula's Role in Modern Maternity Care by DONA International (2008, or later)

·The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas and All Other Labor Companions by Penny Simkin (2013, or later)

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Group 1 - Read at least ONE of the following:

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The Doula Book: How a Trained Labor Companion Can Help you Have a Shorter, Easier and Healthier Birth by Marshall and Phyllis Klaus (2012, or later)

·Birth Ambassadors: Doulas and the Re-Emergence of Woman-Supported Birth in America by Christine H. Morton with Elaine G. Clift (2014, or later)

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Group 2 - Read at least ONE of the following:

·The New Pregnancy & Childbirth: Choices and Challenges by Sheila Kitzinger (2011, or later)

·Pregnancy, Childbirth and the Newborn: the Complete Guide by Penny Simkin, April Bolding, Ann Keppler, and Janelle Durham (2010, or later)

·The Mother of All Pregnancy Books: an All-Canadian Guide to Conception, Birth and Everything in Between by Ann Douglas (2012, or later)

·The Simple Guide to Having a Baby: a Step-by-Step Illustrated Guide to Pregnancy and Childbirth by Janet Whalley, Penny Simkin and Ann Keppler (2012, or later)

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Group 3 - Read at least ONE of the following:

·Optimal Care in Childbirth: the Case for a Physiologic Approach by Henci Goer and Amy Romano (2012, or later)

·An Easier Childbirth: a Mother's Guide to Birthing Normally by Gayle Peterson (2008, or later)

·Ina May's Guide to Childbirth by Ina May Gaskin (2003, or later)

·Natural Hospital Birth: the Best of Both Worlds by Cynthia Gabriel (2011, or later)

Group 4 - Read at least *ONE* of the following:

- Breastfeeding Made Simple: 7 Natural Laws for Nursing Mothers by Nancy Mohrbacher and Kathleen Kendall-Tackett, (2010, or later)
- Dr. Jack Newman's Guide to Breastfeeding: the Canadian Expert Offers the Most Up-to-Date Advice on Every Aspect of Breastfeeding by Jack Newman and Teresa Pitman (2015, or later)
- The Womanly Art of Breastfeeding by Diane Wiessinger, Diana West and Teresa Pitman (2010, or later)
- The Nursing Mother's Companion by Kathleen Huggins (2015, or later)

Group 5 - Read at least *ONE* of the following:

- This Isn't What I Expected: Overcoming Postpartum Depression by Karen Kleiman and Valerie Davis Raskin (2013, or later)
- The Hidden Feelings of Motherhood by Kathleen Kendall-Tackett (2005, or later)
- Transformed by Postpartum Depression: Women's Stories of Trauma and Growth by Walker Karraa (2014, or later)
- Postpartum Depression and Anxiety: A Self-Help Guide by Pacific Postpartum Support (2014, or later)

Group 6 - Read at least *ONE* of the following:

- The Doula Business Guide: Creating a Successful Mother Baby Business by Patty Brennan (2014, or later)
- Doula Programs: How to Start and Run a Private or Hospital-Based Program with Success! by Paulina Perez with Deaun Thelen (2010, or later)
- The Only Grant-Writing Book You'll Ever Need by Ellen Karsh and Arlen Sue Fox (2014, or later)
- Winning Grants Step by Step: The Complete Workbook for Planning, Developing and Writing Successful Proposals by Tori O'Neal-McElrath (2013, or later)
- You, Inc.: The Art of Selling Yourself by Harry Beckwith and Christine Clifford (2011, or later)
- Worth Every Penny: Build a Business That Thrills Your Customers and Still Charge What You're Worth by Sarah Petty and Erin Verbeck (2012, or later)
- Body of Work: Finding The Thread That Binds Your Story Together by Pamela Slim (2013, or later)