

POSTPARTUM DOULA CERTIFICATION REQUIRED
READING LIST

The following are the categories from which course participants can choose their required reading. Choose a book in the designated amount 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. The designated number of books from categories 1, 2 and 3 must be read before attending your 27-hour postpartum doula training. Read the MOST recently published edition available for each book, which should be the year indicated, or more recent.

Section One: Becoming a Parent (choose three)

Nobody Told Me About That: The First six Weeks edited by Ginger BreedLove & 14 authors (2018) (new)

The Fourth Trimester: A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality by Kimberly Ann Johnson (2017) (new)

The First Forty Days by Amely Greeven, Heng Ou, and Marisa Belger (2016) new

Mothering the New Mother: Women's Feelings and Needs after Childbirth: A Support and Resource Guide by Placksin (2000)

And Baby Makes Three: The Six Step Plan for Preserving Marital Intimacy and Rekindling Romance after Baby Arrives by Gottman (2017) audio available

Pride and Joy: A Guide for Lesbian, Gay, Bisexual and Trans Parents by Sarah and Rachel Hagger-Holt (2017) (new)

Do Fathers Matter? by Paul Raeburn (2015) (new)

Black Fatherhood: Trials and Tribulations by Khalid Akil White, Thurman V. White, Jr., Dr. Larry Wayne Ellis (2016) (new)

Crib Sheet by Emily Oster (2019) (new)

Section Two: The Newborn/Infant Care and Development (choose two)

The Baby Book: Everything You Need to Know about Your Baby from Birth to Age Two by James Sears, MD (2013)

The Mother of All Baby Books: The Ultimate Guide to Your Baby's First Year by Ann Douglas (2002)

The Wonder Weeks: How to Stimulate Your Baby's Mental Development and Help Him Turn His 10 Predictable, Great, Fussy Phases into Magical Leaps Forward by Frans Plooij, et al. (2017)

Touchpoints: Birth to Three: Your Child's Emotional and Behavioral Development by T. Berry Brazelton (2006)

Your Baby is Speaking to You: A Visual Guide to the Amazing Behaviors of Your Newborn and Growing Baby by Kevin Nugent (2011)

Section Three: Lactation(choose one)

Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers by Nancy Morhbach and Kathy Kendall-Tackett (2010)

The Black Woman's Guide to Breastfeeding: The Definitive Guide to Nursing for African American Mothers, by Kathi Barber (2005) new

Dr. Jack Newman's Guide to Breastfeeding by Jack Newman, MD (2014)

The Womanly Art of Breastfeeding by Wiessinger and West (2010)

Latch: A Handbook for Breastfeeding with Confidence at Every Stage by Robin Kaplan M.Ed. IBCLC, Robin and Abby Theuring (2018) (new)

The Positive Breastfeeding Book: Everything You Need to Feed Your Baby with Confidence by Amy Brown (2019) new
Mothering Multiples: Breastfeeding and Caring for Twins or More! by Karen Kerkhoff Gromada (2007)
Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family by La Leche League International (2014)
Helping Baby Sleep Anni Gethin (2009) new

Section Four: Perinatal Mood and Anxiety Disorders (choose one)

Good Moms Have Scary Thoughts: a Healing Guide to the Secret of New Mothers by Karen Kleiman (2019) (new)
What No One Tells You: A Guide to Your Emotions from Pregnancy to Motherhood by Dr. Alexandra Sacks (2019) (new)
I'm Listening: A Guide to Supporting Postpartum Families by Jane Honikman (2014)
Postpartum Depression and Anxiety: A Self-Help Guide for Mothers by Pacific Postpartum Support (2014)
This Isn't What I Expected: Overcoming Postpartum Depression by Karen Kleiman (2013)

Section Five: Birth (choose one)

Nurture: A Modern Guide to Pregnancy, Birth, Early Motherhood and Trusting Yourself and Your Body by Erica Chidi Cohen (2017) (new)
The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth by Klaus, Kennell and Klaus (2012)
Pregnancy, Childbirth and the Newborn: The Complete Guide by Penny Simkin, et al (2018)
Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong and What You Really Need to Know by Emily Oster (2014) (new)
The Mini Mocha Manual to Pregnancy and Childbirth by Kimberly Seals Allers (2019) new

Section Six: The Birthing Person's Changing Body (choose one)

The Postnatal Depletion Cure: A Complete Guide to Rebuilding Your Health and Reclaiming Your Energy by Dr. Oscar Serrallach (2018) (new)
Pregnancy, Childbirth and the Newborn: The Complete Guide by Simkin, et al (2018)
Your Best Body After Baby: A Postpartum Guide to Exercise, Sex, and Pelvic Floor Recovery (Book 2 Vol. 2) by Jen Torborg (2018) (new)

Section Seven: Postpartum Doula Work (choose one)

Nurturing Beginnings: Guide to Postpartum Care for Doulas and Community Outreach Workers by Pascali- Bonaro (2014)
Nurturing the Family: A Doula's Guide to Supporting New Parents by Jacqueline Kelleher (2019) (new)

Section Eight: Business (choose one)

The Mocha Manual to Turning Your Passion Into Profit: How to Find and Grow Your Side Hustle in Any Economy by Kimberly Seals-Allers (2009) (new)
Body of Work: Finding the Thread That Ties Your Story Together by Pamela Slim (2013)
Purposeful Hustle: Direct Your Life's Work Towards Making a Positive Impact by Deanna Singh (2018) (new)
The Only Grant-Writing Book You'll Ever Need by Karsh and Fox (2019)
Winning Grants Step by Step: The Complete Workbook for Planning, Developing and Writing Successful Proposals by Neal- McElrath 5th Edition (2019)
Worth Every Penny: Build a Business That Thrills Your Customers and Still Charge What You're Worth by Petty and Verbeck (2012)
You, Inc.: The Art of Selling Yourself by Beckwith and Clifford (2011)

Section Nine: Grief and Loss (choose one)

Holding Space: On Loving, Dying and Letting Go by Amy Wright Glenn (2017) (new)

It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand by Megan Devine (2017) (new)

Giving Care, Taking Care: Support for the Helpers by Sherokee Ilse (1996) (new)

Resilient Grieving: Finding Strength and Embracing Life After a Loss That Changes Everything by Lucy Hone PhD and Karen Reivich PhD 92017) (new)

Motherless Mothers: How Losing a Mother Shapes the Parent You Become by Hope Edelman (2007) (new)

Companioning at a Time of Perinatal Loss: A Guide for Nurses, Physicians, Social Workers, Chaplains and Other Bedside Caregivers by Jane Heustis RN, Marcia Meyer Jenkins RN, et al. (2004) (new)

Section Ten: Cultural Humility (choose one)

Killing the Black Body: Race, Reproduction, and the Meaning of Liberty by Dorothy Roberts (2016 or later) (new)

What Does It Mean To Be White, Developing White Racial Literacy (the Revised Edition) by Robin DiAngelo (2016 or later) (new)

Pride and Joy: A Guide for Lesbian, Gay, Bisexual and Trans Parents by Sarah Hagger-Holt and Rachel Hagger-Holt (2017) (new)

Skimmed: Breastfeeding, Race, and Injustice by Andrea Freeman (2019) (new)

The Big Let Down By Kimberly Seals Allers (2017) (new)

Where's the Mother?: Stories from a Transgender Dad by Trevor MacDonald (2016 or later) (new)

Journey to Same-Sex Parenthood by Eric Rosswood (2016 or later) (new)

Red Medicine: Traditional Indigenous Rites of Birthing and Healing (First Peoples: New Direction in Indigenous Studies) by Patrisia Gonzales (2012 or later) (new)

Deadly Delivery: The Maternal Healthcare Crisis in the USA, by Amnesty International (2010 or later) (new)

Classic Books (optional)

Bonding: Building the Foundations of Secure Attachment and Independence by Kennell and Klaus (1996)*

The Vital Touch: How Intimate Contact with Your Baby Leads to Happier, Healthier Development by Heller (1997)*

The Year after Childbirth: Enjoying Your Body, Your Relationships, and Yourself in Your Baby's First Year by Kitzinger (1996)*

Your Amazing Newborn by Marshall H. Klaus and Phyllis H. Klaus (2000)*

Essential Exercises for the Childbearing Year: A Guide to Health and Comfort Before and After Your Baby is Born by Noble (2003)*

* The books marked with an asterisk are considered seminal works, timeless.