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)

The First Forty Days by Amely Greeven, Heng Ou, and Marisa Belger (2016) new)
And Baby Makes Three: The Six Step Plan for Preserving Marital Intimacy and Rekindling Romance after Baby Arrives by Gottman (2017) audio available
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 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)

Section Three: Breastfeeding (choose one)

The Womanly Art of Breastfeeding by Wiessinger and West (2010)
The Positive Breastfeeding Book: Everything You Need to Feed Your Baby with Confidence by Amy Brown (2019) new
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)**
This Isn't What I Expected: Overcoming Postpartum Depression by Karen Kleiman (2013)

**Section Five: Birth (choose one)**
The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth by Klaus, Kennell and Klaus (2012)
Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong and What You Really Need to Know by Emily Oster (2014) (new)

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

**Section Seven: Postpartum Doula Work (choose one)**
Nurturing Beginnings: Guide to Postpartum Care for Doulas and Community Outreach Workers by Pascali- Bonaro (2014)

**Section Eight: Business (choose one)**
The Doula Business Guide: Creating a Successful Motherbaby Business by Patti Brennan (2014) 2nd edition only
The Only Grant-Writing Book You’ll Ever Need by Karsh and Fox (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)
- Motherless Mothers: How Losing a Mother Shapes the Parent You Become by Hope Edelman (2007) (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)
- 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)*

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