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. Read the MOST recently published edition available for each book, which should be the year indicated, or more recent.

Section One: Becoming a Mother (choose one)

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

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 Sears (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 Plooij (2013)
Touchpoints: Birth to Three: Your Child’s Emotional and Behavioral Development by Brazelton (2006)
Your Amazing Newborn by Klaus *

Section Three: Breastfeeding (choose one)

Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers by Morrbacher and Kendall-Tackett (2010)
The Womanly Art of Breastfeeding by Wiessinger and West (2010)
Working and Breastfeeding Made Simple by Mohrbacher (2014)

Section Four: Family Building, Touch and Attachment (choose two)

Becoming a Father: How to Nurture and Enjoy Your Family by Sears (2003)
Fathering Right from the Start: Straight Talk about Pregnancy, Birth, and Beyond by Heinowitz (2001)
The Baby Book: Everything You Need to Know about Your Baby from Birth to Age Two by Sears (2013)
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)*

Section Five: Sleep (choose one)

Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family by La Leche League International (2014)
Section Six: Perinatal Mood and Anxiety Disorders (choose one)

I'm Listening: A Guide to Supporting Postpartum Families by Honikman (2014)
The Hidden Feelings of Motherhood by Kendall-Tackett (2005)
The Postpartum Husband: Practical Solutions for Living with Postpartum Depression by Kleiman (2001)
This Isn’t What I Expected: Overcoming Postpartum Depression by Kleiman (2013)

Section Seven: 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)

Section Eight: Multiples (choose one)


Section Nine: The Mother’s Changing Body (choose one)

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

Section Ten: Postpartum Doula Work (choose one)

Nurturing Beginnings: Guide to Postpartum Care for Doulas and Community Outreach Workers by Pascali-Bonaro (2014, Kindle only)

Section Eleven: Business (choose one)

The Doula Business Guide: Creating a Successful Motherbaby Business by Brennan (2014)
The Only Grant-Writing Book You’ll Ever Need by Karsh and Fox (2014)
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)

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