
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)

Misconceptions: Truth, Lies, and the Unexpected on the Journey to Motherhood by Wolf (2013)

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

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 Mother of All Baby Books: The Ultimate Guide to Your Baby's First Year by Douglas (2012)

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

Your Amazing Newborn by Klaus *

Section Three: Breastfeeding (choose one)

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

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

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)

And Baby Makes Three: The Six Step Plan for Preserving Marital Intimacy and Rekindling Romance after Baby Arrives by Gottman (2008)

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)

Helping Baby Sleep: The Science and Practice of Gentle Bedtime Parenting by Gethin and Macgregor (2009)

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)
Postpartum Depression and Anxiety: A Self-Help Guide for Mothers by Pacific Postpartum Support (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 Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions by Simkin (2013)
The Complete Book of Pregnancy and Childbirth by Kitzinger (2004)
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 Simkin, et al (2010)

Section Eight: Multiples (choose one)

Mothering Multiples: Breastfeeding and Caring for Twins or More! by Kerkhoff Gromada (2007)
Having Twins and More: A Parent's Guide to Multiple Pregnancy, Birth, and Early Childhood by Noble (2003)

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

Essential Exercises for the Childbearing Year: A Guide to Health and Comfort Before and After Your Baby is Born by Noble (2003)
Pregnancy, Childbirth and the Newborn: The Complete Guide by Simkin, et al (2010)
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)
Nurturing the Family: The Guide for Postpartum Doulas by Kelleher (2002)

Section Eleven: Business (choose one)

Body of Work: Finding the Thread That Ties Your Story Together by Slim (2013)
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)
Winning Grants Step by Step: The Complete Workbook for Planning, Developing and Writing Successful Proposals by Neal-McElrath (2013)
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.