
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.

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)

REQUIRED READING FOR CERTIFICATION / Beneficial Reading in Preparation for Workshop

Attendance:

- 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)

Group 1 - Read at least ONE of the following:

- Bearing Witness by Lisa Doran and Lisa Caron (2015 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)
- Gentle Birth Companions: doulas serving humanity by Adela Stockton (2014 or later)
- 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)
- The Doula Guide to Birth: Secrets Every Pregnant Woman Should Know by Ananda Lowe and Rachel Zimmerman (2009 or later)

Group 2 - Read at least ONE of the following:

- Nurture: A Modern Guide to Pregnancy, Birth, Early Motherhood - and Trusting Yourself and Your Body by Erica Chidi Cohen (2017 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)
- 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)
- Having Your Baby: For the Special Needs of Black Mothers-To-Be, from Conception to Newborn Care 1st Edition by Dr. Hilda Hutcherson and Margaret Williams (2010 or later)

Group 3 - Read at least ONE of the following:

- Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know by Emily Oster (2016 or later)
- A Good Birth: Finding the Positive and Profound in Your Childbirth Experience by Anne Lyster MD (2013 or later)
- Cut, stapled and mended: When one woman reclaimed her body and gave birth on her terms after cesarean by Roanna Rosewood (2013 or later)
- Optimal Care in Childbirth: the Case for a Physiologic Approach by Henci Goer and Amy Romano (2012, or later)
- Natural Hospital Birth: the Best of Both Worlds by Cynthia Gabriel (2011, or later)
- Birthing Normally After a Caesarean or Two: A Guide for Pregnant Women - Exploring Reasons and Practicalities for VBAC by Helene Vadeboncoeur (2011 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 (2008, or later)
- Birth After Caesarean by Jenny Lesley (2004 or later)

Group 4 - Read at least ONE of the following:

- Breastfeeding: Empowering Parents, Dr. Jack Newman (2018 or later)
- Latch: A Handbook for Breastfeeding with Confidence at Every Stage by Kaplan M.Ed. IBCLC, Robin and Abby Theuring (2018 or later)
- The Big Let Down by Kimberly Seals Allers (2017)
- 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 Nursing Mother's Companion by Kathleen Huggins (2015, or later)
- Breastfeeding Made Simple: 7 Natural Laws for Nursing Mothers by Nancy Mohrbacher and Kathleen Kendall-Tackett, (2010, or later)
- The Womanly Art of Breastfeeding by Diane Wiessinger, Diana West and Teresa Pitman (2010, or later)
- Your Guide to Breastfeeding (PDF found here- <https://www.womenshealth.gov/patient-materials/resource/guides?from=breastfeeding>) Can be found on the DONA website in the Resource Library.
- The Black Woman's Guide to Breastfeeding: The Definitive Guide to Nursing for African American Mothers, by Katherine Barber (2005 or later)

Group 5 - Read at least ONE of the following:

- 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 for mothers by Pacific Postpartum Support (2014, or later)
- 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)

Group 6 - Read at least ONE of the following:

- The Purposeful Hustle by Deanna Singh (2018 or later)
- The Doula Business Guide: Creating a Successful Mother-Baby Business by Patty Brennan (2nd Edition)
- 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)
- Body of Work: Finding The Thread That Binds Your Story Together by Pamela Slim (2013, 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)
- You, Inc.: The Art of Selling Yourself by Harry Beckwith and Christine Clifford (2011, or later)
- 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 or later)

Group 7 - Read at least ONE of the following:

Cultural Competence explained: In order to increase the cultural competence of the health care delivery system, health professionals must be taught how to provide services in a culturally competent manner. Important to note, however, is that cultural competence is a process rather than an ultimate goal and is often developed in stages by building upon previous knowledge and experience.

- Birth in Eight Cultures by Robbie Davis-Floyd and Melissa Cheyney (2019 or later)
- Delivered by Midwives: African American Midwifery in the Twentieth-Century South 1st Edition by Jenny M. Luke (2018 or later)
- Killing the Black Body: Race, Reproduction, and the Meaning of Liberty by Dorothy Roberts (2016 or later)
- What Does It Mean To Be White, Developing White Racial Literacy (the Revised Edition) by Robin DiAngelo (2016 or later)
- Where's the Mother?: Stories from a Transgender Dad by Trevor MacDonald (2016 or later)
- Journey to Same-Sex Parenthood by Eric Rosswood (2016 or later)
- Birthing Justice by Julia Oparah and Alicia Bonaparte (2015 or later)
- Red Medicine: Traditional Indigenous Rites of Birthing and Healing (First Peoples: New Direction in Indigenous Studies) by Patrisia Gonzales (2012 or later)
- Deadly Delivery: The Maternal Healthcare Crisis in the USA, by Amnesty International (2010 or later)