

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/learning modules:

- *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:

- *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)
- *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)
- *Bearing Witness* by Lisa Doran and Lisa Caron (2015 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:

- *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)
- *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)

- *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)
- *Nurture: A Modern Guide to Pregnancy, Birth, Early Motherhood - and Trusting Yourself and Your Body* by Erica Chidi Cohen (2017 or later)

Group 3 - Read at least ONE of the following:

- *Optimal Care in Childbirth: the Case for a Physiologic Approach* by Henci Goer and Amy Romano (2012, 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)
- *Natural Hospital Birth: the Best of Both Worlds* by Cynthia Gabriel (2011, or later)
- *Birthing Normally After a Cesarean or Two: A Guide for Pregnant Women - Exploring Reasons and Practicalities for VBAC* by Helene Vadeboncoeur (2011 or later)
- *A Good Birth: Finding the Positive and Profound in Your Childbirth Experience* by Anne Lyerly MD (2013 or later)
- *Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know* by Emily Oster (2016 or later)
- *Birth After Cesarean* by Jenny Lesley (2004 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)

Group 4 - Read at least ONE of the following:

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

Group 5 - Read at least ONE of the following:

- *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)
- *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)

Group 6 - Read at least ONE of the following:

- *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)
- *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)
- *You, Inc.: The Art of Selling Yourself* by Harry Beckwith and Christine Clifford (2011, 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)
- *Body of Work: Finding The Thread That Binds Your Story Together* by Pamela Slim (2013, or later)
- *The Purposeful Hustle* by Deanna Singh (2018 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)
- *Birthing Justice* by Julia Oparah and Alicia Bonaparte (2015 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)
- *Journey to Same-Sex Parenthood* by Eric Rosswood (2016 or later)
- *Red Medicine: Traditional Indigenous Rites of Birthing and Healing* by Patrisia Gonzales (2012 or later)
- *Where's the Mother?: Stories from a Transgender Dad* by Trevor MacDonald (2016 or later)
- *Delivered by Midwives: African American Midwifery in the Twentieth-Century South* 1st Ed. by Jenny M. Luke (2018 or later)
- *Deadly Delivery: The Maternal Healthcare Crisis in the USA*, by Amnesty International (2010 or later)

STATEMENT OF COMPLETION OF REQUIRED READING

I, _____, confirm that I have read the following books from the DONA International required reading list for birth doula certification:

Required Reading

- Position Paper: The Postpartum Doula’s Role in Maternity Care (Year published): _____
- Position Paper: The Birth Doula’s Contribution to Modern Maternity Care (Year published): _____
- The Birth Partner by Simkin (Year published): _____

Group 1 – at least one (1):

- The Doula Book by Klaus and Klaus (Year published): _____
- Birth Ambassadors by Morton with Clift (Year published): _____
- Gentle Birth Companions: Doulas Serving Humanity by Stockton (Year published): _____
- Bearing Witness by Doran, et.al.
- The Doula Guide to Birth: Secrets Every Pregnant Woman Should Know by Lowe (Year published): _____

Group 2 – at least one (1):

- The New Pregnancy & Childbirth by Kitzinger (Year published): _____
- Pregnancy, Childbirth and the Newborn by Simkin, et.al. (Year published): _____
- The Mother of All Pregnancy Books by Douglas (Year published): _____
- The Simple Guide to Having a Baby by Whalley, et.al. (Year published): _____
- Having Your Baby: For the Special Needs of Black Mothers-To-Be, from Conception to Newborn Care by Hutcherson, et.al. (Year published): _____
- Nurture: A Modern Guide to Pregnancy, Birth, Early Motherhood and Trusting Yourself and Your Body by Cohen (Year published): _____

Group 3 – at least one (1):

- Optimal Care in Childbirth by Goer and Romano (Year Published): _____
- An Easier Childbirth by Peterson (Year Published): _____
- Ina May’s Guide to Childbirth by Gaskin (Year Published): _____
- Natural Hospital Birth by Gabriel (Year Published): _____
- Birthing Normally After a Caesarean or Two: A Guide for Pregnant Women - Exploring Reasons and Practicalities for VBAC by Vadeboncoeu (Year Published): _____
- A Good Birth: Finding the Positive and Profound in Your Childbirth Experience by Lyerly (Year Published): _____
- Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know by Oster (Year Published): _____
- Birth After Caesarean by Lesley (Year Published): _____
- Cut, Stapled and Mended: When One Woman Reclaimed Her Body and Gave Birth on Her Terms After Cesarean by Rosewood (Year Published): _____

Group 4 – at least one (1):

- Breastfeeding Made Simple by Mohrbacher and Kendall-Tackett (Year Published): _____
- Dr. Jack Newman’s Guide to Breastfeeding by Newman and Pitman (Year Published): _____
- The Womanly Art of Breastfeeding by Wiessinger, et al. (Year Published): _____
- The Nursing Mother’s Companion by Huggins (Year Published): _____
- Your Guide to Breastfeeding (PDF) (Year Published): _____
- Latch: A Handbook for Breastfeeding with Confidence at Every Stage by Kaplan, et.al. (Year Published): _____
- The Black Woman’s Guide to Breastfeeding: The Definitive Guide to Nursing for African American Mothers, by Barber (Year Published): _____
- The Big Let Down by Seals-Allers (Year Published): _____
- Breastfeeding: Empowering Parents by Newman (Year Published): _____

Group 5 – at least one (1):

- This Isn't What I Expected by Kleiman and Raskin
- The Hidden Feelings of Motherhood by Kendall-Tackett
- Transformed by Postpartum Depression by Karraa
- Postpartum Depression and anxiety: a self-help guide for mothers by Pacific Postpartum Support

(Year Published): _____

(Year Published): _____

(Year Published): _____

(Year Published): _____

Group 6 – at least one (1):

- Doula Programs by Perez with Thelen
- The Only Grant-Writing Book You'll Ever Need by Karsh and Fox
- Winning Grants Step by Step by O'Neal-McElrath
- You, Inc. by Beckwith and Clifford
- Worth Every Penny by Petty and Verbeck
- Body of Work by Slim
- The Mocha Manual to Turning Your Passion Into Profit: How to Find and Grow Your Side Hustle in Any Economy by Seals-Allers
- The Purposeful Hustle by Deanna Singh

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(Year Published): _____

(Year Published): _____

Group 7 – at least one (1):

- Birth in Eight Cultures by Robbie Davis-Floyd and Melissa Cheyney
- Birthing Justice by Julia Oparah, et.al.
- Killing the Black Body: Race, Reproduction, and the Meaning of Liberty by Dorothy Roberts
- What Does It Mean To Be White, Developing White Racial Literacy by Robin DiAngelo
- Journey to Same Sex Parenthood by Rosswood
- Red Medicine: Traditional Indigenous Rites of Birthing and Healing (First Peoples: New Directions in Indigenous Studies) by Gonzales
- Delivered by Midwives: African American Midwifery in the Twentieth Century South by Luke
- Deadly Delivery: The Maternal Healthcare Crisis in the USA By Amnesty International
- Where's the Mother?: Stories from a Transgender Dad by MacDonald by MacDonald

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Signature _____

Date _____