

REQUIRED READING: TWO PAPERS AND FOUR BOOKS

The required reading for certification includes two (2) DONA International Position Papers and four (4) books. You will read The Birth Partner and choose one book from Groups A, B, and C for a total of four (4) books. For each book, write three-to-five (3-5) sentences about your take-aways. This should be a personal reflection, what you learned or how you plan to use this book in your work, not a restatement of the book's topic or content.

Find the Positions Papers in the Resource Library at <https://www.dona.org/the-dona-advantage/resource-library/> or in your Birth Doula Workshop Manual. All books on the required reading list are available in print or e-book unless otherwise noted. Books available as audiobooks are marked with asterisks (***)

Two Papers:

1. DONA International (2016). [*Position Paper: The Birth Doula's Role in Perinatal Care*](#)
2. DONA International (2016). [*Position Paper: The Postpartum Doula's Role in Perinatal Care*](#)

Four Books:

1. Simkin, P. and Rohs, K. (2018). *The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas and All Other Labor Companions, 5th edition.* .***
2. Group A. Choose one (1) of the following books:
 - Douglas, A. (2015). *The Mother of All Pregnancy Books: An All-Canadian Guide to Conception, Birth and Everything in Between, 3rd edition.*
 - Hutcherson, H. and Williams, M. (1997). *Having Your Baby: For the Special Needs of Black Mothers-To-Be, from Conception to Newborn Care, 1st edition.*
 - Simkin, P., et al. (2018). *Pregnancy, Childbirth and the Newborn: The Complete Guide, 5th edition.* ***
3. Group B. Choose one (1) of the following books:
 - Davis-Floyd, R., et al. (2019). *Birth in Eight Cultures: Brazil, Greece, Japan, Mexico, the Netherlands, New Zealand, Tanzania, United States.*
 - Luke, J. M. (2018) *Delivered by Midwives: African American Midwifery in the Twentieth-Century South, 1st edition.*
 - MacDonald, T. (2016). *Where's the Mother? Stories from a Transgender Dad.*
 - Neufeld, T. H. and Cidro, J. (2017). *Indigenous Experiences of Pregnancy and Birth.*
 - Rosswood, E. (2016). *Journey to Same-Sex Parenthood.* (Available in print only)
 - Roberts, D. (2016). *Killing the Black Body: Race, Reproduction, and the Meaning of Liberty.* .***
4. Group C. Choose just one (1) book from a special interest topic. You may choose a book on this list or another book that informs on your community or practice. If you choose a book that is not on this list, include an assessment of whether or not your chosen book aligns with the DONA International model of care in your written take-aways:

- Birth Planning
 - Chidi Cohen, E. (2017). *Nurture: A Modern Guide to Pregnancy, Birth, Early Motherhood—Trusting Yourself and Your Body*.
 - Gabriel, C. (2018). *Natural Hospital Birth: The Best of Both Worlds*, 2nd edition.
 - Goer, H. (2022). *Labor Pain: What's Your Best Strategy? Get the Data. Make a Plan. Take Charge of Your Birth*. ***
- Business/Motivation
 - Brown, B. (2015). *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*. ***
 - Karsh, E. and Fox, A. S. (2019). *The Only Grant-Writing Book You'll Ever Need*, 5th edition.
 - Petty, S. and Verbeck, E. (2012). *Worth Every Penny: Build a Business That Thrills Your Customers and Still Charge What You're Worth*.
 - Singh, D. (2018). *Purposeful Hustle: Direct Your Life's Work Towards Making a Positive Impact*. ***
 - Slim, P. (2013). *Body of Work: Finding the Thread that Ties Your Story Together*. ***
- Doula History
 - Klaus, M.H., et al. (2012). *The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier and Healthier Birth*.
 - Morton, C. H. and Clift, E. (2014). *Birth Ambassadors: Doulas and the Re-Emergence of Woman-Supported Birth in America*.
- Perinatal History
 - Amnesty International. (2010). *Deadly Delivery: The Maternal Healthcare Crisis in the USA* (Available as a PDF download on amnesty.org.)
 - Cassidy, T. (2007). *Birth: The Surprising History of How We Are Born*. ***
 - Gonzales, P. (2012). *Red Medicine: Traditional Indigenous Rites of Birthing and Healing*.
 - McGregor, D. K. (1998). *From Midwives to Medicine: The Birth of American Gynecology*.
 - Seals-Allers, K. (2017). *The Big Letdown: How Medicine, Big Business, and Feminism Undermine Breastfeeding*.
- Anti-bias, systemic racism, and cultural awareness
 - Brown, Jennifer. (2022). *How to Be an Inclusive Leader: Your Role in Creating Cultures of Belonging Where Everyone Can Thrive*.
 - DiAngelo, R. (2016). *What Does it Mean to be White? Developing Racial Literacy*, revised edition.
 - Oluo, I. (2019). *So You Want to Talk about Race*. Seal Press. ***
- Lactation
 - Barber, K. (2005). *The Black Woman's Guide to Breastfeeding: The Definitive Guide to Nursing for African American Mothers*.
 - Gray, R. and Hills, A. (2015). *Born to Breastfeeding: The First Six Weeks and Beyond*.
 - Kaplan, R. and Theuring, A. (2018). *Latch: A Handbook for Breastfeeding with Confidence at Every Stage*. ***
 - Logan, J.V. and Sangodele-Ayoka, A. (2014). *Free to Breastfeed: Voices of Black Mothers*.
 - Mohrbacher, N. and Kendall-Tackett, K. (2010). *Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers*. ***

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- Postpartum
 - Breedlove, G., et al. (2018). *Nobody Told Me About That: The First Six Weeks*.
 - Johnson, K. A. (2017). *The Fourth Trimester: A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality*. ***
 - Kleiman, K. (2013). *This Isn't What I Expected: Overcoming Postpartum Depression*, 2nd edition. ***
 - Kleiman, K. (2019). *Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers*. (Available in print only)

 - Difficult or Traumatic Birth
 - Rosewood, R. (2013). *Cut, Stapled and Mended: When One Woman Reclaimed Her Body and Gave Birth on Her Terms After Cesarean*. (Available in print only)
 - Simkin, P. and Klaus, P. (2004, or most recent edition). *When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women*, 2nd edition. Classic Day Publishing. (Available in print only)
 - Summerfeldt, J. (2018). *Healing After Birth: Navigating Your Emotions after a Difficult Childbirth*.
 - Vredevelt, P.W. (1994). *Empty Arms: Hope and Support for Those Who Have Suffered a Miscarriage, Stillbirth, or Tubal Pregnancy*. ***