

---

## POSTPARTUM DOULA CERTIFICATION: Required Reading

The required reading for certification includes two (2) DONA International Position Papers and six (6) books. You will choose one (1) book from each of the Groups A, B, C, D, E, and F for a total of six (6) books. You may be asked to read a book from Groups A, B, and C before you attend your Workshop. These will qualify as part of your six (6) required books.

For each book that you read, write three-to-five (3-5) sentences about your key 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 workshop materials. 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\*](#)

### Six Books:

1. Group A: Postpartum Recovery. Choose one (1) of the following books:
  - Breedlove, G. et al (2023) *Nobody Told Me That: Surviving and Thriving the Early Weeks of Parenting* \*\*\*
  - Serrallach, O. (2018). *The Postnatal Depletion Cure: A Complete Guide to Rebuilding Your Health and Reclaiming Your Energy* \*\*\*
  - Torborg, J. (2018). *Your Best Body After Baby: A Postpartum Guide to Exercise, Sex, and Pelvic Floor Recovery* (Book 2 Vol. 2) \*\*\*
  - Hagger-Holt, S. and R. (2017). *Pride and Joy: A Guide for Lesbian, Gay, Bisexual and Trans Parents*
  - Johnson, K. A. (2017). *The Fourth Trimester: A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality* \*\*\*
  - Ou, H. et al. (2016). *The First Forty Days* \*\*\*
  - Plaskin, (2000). *Mothering the New Mother: Women's Feelings and Needs after Childbirth: A Support and Resource Guide* (paperback only)
  - Kitzinger, S. (1996). *The Year After Childbirth: Enjoying Your Body, Your Relationships, and Yourself in Your Baby's First Year* (paperback only)
2. Group B: Newborn Development. Choose one (1) of the following books:
  - Sears, J. (2022). *The Baby Book: Everything You Need to Know about Your Baby from Birth to Age Two*
  - Cook, W. et al (2020). *Mayo Clinic Guide to Your Baby's First Years*, 2<sup>nd</sup> Edition \*\*\*
  - Plooij, J. et al. (2019). *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*
  - Nugent, K. (2011). *Your Baby is Speaking to You: A Visual Guide to the Amazing Behaviors of Your Newborn and Growing Baby*
  - Douglas, A. (2002). *The Mother of All Baby Books: The Ultimate Guide to Your Baby's First Year*
3. Group C: Lactation. Choose one (1) of the following books:
  - Kennedy, K. (2022). *Sweet Nectar: (Hopefully) Everything You Want to Know about Chestfeeding* (paperback only)
  - Brown, A. (2019). *The Positive Breastfeeding Book: Everything You Need to Feed Your Baby with Confidence* \*\*\*
  - Kaplan, R. and Theuring, A. (2018). *Latch: A Handbook for Breastfeeding with Confidence at Every Stage* \*\*\*
  - Newman, J. (2014). *Dr. Jack Newman's Guide to Breastfeeding* \*\*\*

- Logan, J. and Sangodele-Ayoka, A. (2014). *Free to Breastfeed: Voices of Black Mothers*
  - Morhbacher, N. and Kendall-Tackett, K. (2010). *Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers* \*\*\*
  - Wiessinger, D. et al. (2010). *The Womanly Art of Breastfeeding*
  - Kerkhoff Gromada, K. (2007). *Mothering Multiples: Breastfeeding and Caring for Twins or More!*
4. Group D: Postpartum Mental Health. Choose one (1) of the following books:
- Pacific Post Partum Support Society. (2023). "The Postpartum Journey" <https://postpartum.org/the-journey>
  - Canadian Perinatal Mental Health Collaborative. (2021) *You Are Not Alone: An anthology of perinatal mental health stories from conception to postpartum*
  - Mendedick, S. (2020). *Ordinary Insanity: Fear and the Silent Crisis of Motherhood in America* \*\*\*
  - Kleiman, K. (2019) *Good Moms Have Scary Thoughts: A Healing Guide to the Secret of New Mothers* (hardcover only)
  - Sacks, A. (2019). *What No One Tells You: A Guide to Your Emotions from Pregnancy to Motherhood* \*\*\*
  - Honikman, J. (2014). *I'm Listening: A Guide to Supporting Postpartum Families*
  - Pacific Postpartum Support Society. (2014). *Postpartum Depression and Anxiety: A Self-Help Guide for Mothers*
  - Kleinman, L. and Davis Raskin, V. (2013). *This Isn't What I Expected: Overcoming Postpartum Depression* \*\*\*
5. Group E: Doula Work. Choose one (1) of the following books:
- Kelleher, J. (2019). *Nurturing the Family: A Doula's Guide to Supporting New Parents*
  - Pascali-Bonaro, D. (2014). *Nurturing Beginnings: Guide to Postpartum Care for Doulas and Community Outreach Workers*
6. Group F: Special Interest Topic. Choose just one (1) book from one (1) 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:
- Anti-bias, Anti-racism, and Social Justice
    - Brown, Jennifer. (2022). *How to Be an Inclusive Leader: Your Role in Creating Cultures of Belonging Where Everyone Can Thrive* \*\*\*
    - Hill, C. (2022). *The Dream Clock: A New Tomorrow for Us and Them*
    - DiAngelo, R. (2018). *White Fragility. Why It's So Hard for White People to Talk About Racism* \*\*\*
    - Oluo, I. (2019). *So You Want to Talk about Race* \*\*\*
  - Becoming a Parent
    - Honikman, J. (2022). *Postpartum is Forever: Social Support from Conception through Grandparenthood* (paperback only)
    - White, K. A. et al (2016) *Black Fatherhood: Trials and Tribulations*
    - Rosswood, E. (2022). *Journey to Parenthood: The Ultimate Guide for Same-Sex Couples* \*\*\*
    - Gottman, (2017). *And Baby Makes Three: The Six Step Plan for Preserving Marital Intimacy and Rekindling Romance after Baby Arrives* \*\*\*
    - Kleinman, K. (2021). *What about Us? A New Parents Guide to Safeguarding Your Over-Anxious, Over-Extended, Sleep-Deprived Relationship*
    - MacDonald, T. (2016). *Where's the Mother?: Stories from a Transgender Dad*
    - Klaus, M.H. and Kennell, J. H. (1996). *Bonding: Building the Foundations of Secure Attachment and Independence*

- Business
  - Brown, B. (2015). *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead* \*\*\*
  - Slim, P. (2013). *Body of Work: Finding the Thread that Ties Your Story Together* \*\*\*
  - Seals Aller, K. (2009). *The Mocha Manual to Turning Your Passion into Profit: How to Find and Grow Your Side Hustle in Any Economy*
  - O'Neal-McElrath, T. et al. (2019). *Winning Grants Step by Step: The Complete Workbook for Planning, Developing and Writing Successful Proposals*
  - Beckwith, H. and Clifford, C. (2011). *You, Inc.: The Art of Selling Yourself* \*\*\*
- Emotional Health and Healing
  - Honikman, J. (2022). *Postpartum is Forever: Social Support from Conception through Grandparenthood*.
  - Wright Glenn, A. (2017). *Holding Space: On Loving, Dying and Letting Go*
  - Devine, M. (2017). *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand* \*\*\*
  - Hone, L. and Reivich, K. (2017). *Resilient Grieving: Finding Strength and Embracing Life After a Loss That Changes Everything* \*\*\*
  - Edelman, H. (2007). *Motherless Mothers: How Losing a Mother Shapes the Parent You Become*
  - Heustis, J. et al (2004). *Companioning at a Time of Perinatal Loss: A Guide for Nurses, Physicians, Social Workers, Chaplains and Other Bedside Caregivers*
  - Wells, K. (2019). *From Three Heartbeats to One: A gentle companion offering hope in grieving pregnancy and infant loss*
  - Rosewood, R. (2013). *Cut, Stapled and Mended: When One Woman Reclaimed Her Body and Gave Birth on Her Terms After Cesarean*. (paperback only)
  - Simkin, P. and Klaus, P. (2004). *When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women*, 2nd edition. (out-of-print)
  - Summerfeldt, J. (2018). *Healing After Birth: Navigating Your Emotions after a Difficult Childbirth*
- Newborn Sleep (Most postpartum families have questions about newborn sleep. If the book you choose from the Newborn Development category does not address newborn sleep, we encourage you to learn more on this topic.)
  - Infancy & Sleep Center, Durham. (2022). "What's New in Infant Sleep Safety?" YouTube video: <https://www.youtube.com/watch?v=a2erxaE33So&t=154s>
  - Hookware, L. (2020). *Let's Talk About Your New Family's Sleep*
  - Wiessinger, D. et al. (2014). *Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family*
  - Gethin, A. (2009). *Helping Baby Sleep: The Science and Practice of Gentle Bedtime Parenting*
- Perinatal History
  - Gonzales, P. (2012). *Red Medicine: Traditional Indigenous Rites of Birthing and Healing*
  - Cooper Owens, D. (2018). *Medical Bondage: Race, Gender, and the Origins of American Gynecology* \*\*\*
  - Roberts, D. (1998). *Killing the Black Body: Race, Reproduction, and the Meaning of Liberty* \*\*\*
  - Seals-Allers, K. (2017). *The Big Letdown: How Medicine, Big Business, and Feminism Undermine Breastfeeding*.
  - Freeman, A. (2021). *Skimmed: Breastfeeding, Race, and Injustice* \*\*\*
- Pregnancy to Postpartum
  - Douglas, A. (2015). *The Mother of All Pregnancy Books: An All-Canadian Guide to Conception, Birth and Everything in Between*
  - Hutcherson, H. and Williams, M. (1997). *Having Your Baby: For the Special Needs of Black Mothers-To-Be, from Conception to Newborn Care*
  - Simkin, P. et al. (2018). *Pregnancy, Childbirth and the Newborn: The Complete Guide* \*\*\*
  - Seals Allers, K. (2019). *The Mini Mocha Manual to Pregnancy and Childbirth*