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:


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***
   - Ou, H. et al. (2016). The First Forty Days***

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
   - Ploojj, 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

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 ***
4. **Group D: Postpartum Mental Health.** Choose one (1) of the following books:
   - Canadian Perinatal Mental Health Collaborative. (2021) *You Are Not Alone: An anthology of perinatal mental health stories from conception to postpartum*
   - 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:
   - Pascalli-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
     - 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)
     - MacDonald, T. (2016). *Where’s the Mother?: Stories from a Transgender Dad*
• Business

• Emotional Health and Healing
  ▪ 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)
  ▪ 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](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*

• Perinatal History
  ▪ Freeman, A. (2021). *Skimmed: Breastfeeding, Race, and Injustice***

• Pregnancy to Postpartum
  ▪ Hutcherson, H. and Williams, M. (1997). *Having Your Baby: For the Special Needs of Black Mothers-To-Be, from Conception to Newborn Care*