

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:

- **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)

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)

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)

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)

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** by Pacific Postpartum Support (2014, or later)

Group 6 - Read at least ONE of the following:

- **The Doula Business Guide: Creating a Successful MotherBaby Business** by Patty Brennan (2014, or later)
- **Doula Programs: How to Start and Run a Private or Hospital-Based Program with Success!** by Paulina Perez with Deaun Thelen (2010, 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)