

Postpartum Doula Certification Required Reading List

The following are the categories from which course participants can choose their required reading. Choose one book from each category. Please note that some books appear in more than one category. This is intentional, for persons who want to minimize costs or reading time. One book from each of the first three sections must be read before attending your 27 hour Postpartum Doula Training.

Books are available through the Doula Boutique on the DONA International website www.DONA.org.

Section One: Becoming a Mother (choose one)

The New Mother: Eagan
Mothering the New Mother: Placksin
Misconceptions: Wolf
The Year After Childbirth: Kitzinger
Ourselves as Mothers: Kitzinger

Section Two: The Newborn (choose one)

Your Amazing Newborn: Klaus and Klaus
Touchpoints: Brazelton
The Mind of Your Newborn Baby: Chamberlain
The Vital Touch: Heller
Infancy: Field
The Baby Book: Sears
The Year After Childbirth: Kitzinger

Section Three: Breastfeeding (choose one)

The Ultimate Breastfeeding Book of Answers: Newman
The Breastfeeding Answer Book: La Leche League
Dr. Jack Newman's Guide to Breastfeeding (Canada)

Section Four: Family Building, Touch and Attachment (choose one)

Bonding: Kennell and Klaus
Becoming a Father: Sears
The Vital Touch: Heller
The Baby Book: Sears
The Family Bed: Thevin
Fathering Right From the Start: Heinowitz

Section Five: Infant Care (choose one)

The Baby Book: Sears
Pregnancy, Childbirth, and the Newborn: Simkin
The Mother of All Baby Books: Douglas

Continued p.2...

Section Six: Postpartum Mood Disorders (choose one)

Overcoming Postpartum Depression and Anxiety: Sebastian

The Postpartum Husband: Kleiman

This Isn't What I Expected: Kleiman

I'm Listening: Honikman

Section Seven: Birth (choose one)

The Complete Book of Pregnancy and Childbirth: Kitzinger

The Birth Book: Sears

The Birth Partner: Simkin

Pregnancy, Childbirth, and the Newborn: Simkin

Section Eight: Multiples (choose one)

Having Twins and More: Noble

The Art of Parenting Twins: Malstrom

Multiple Blessings: Rothbart

Section Nine: The Mother's Changing Body (choose one)

Essential Exercises for the Childbearing Year: Noble

The Year After Childbirth: Kitzinger

Pregnancy, Childbirth and the Newborn: Simkin

Section Ten: The Work of the Postpartum Doula (choose one)

Nurturing The Family: The Guide For Postpartum Doulas: Kelleher

Nurturing Beginnings: Pascali-Bonaro