

Birth Arts Doula Training Booklist

Book List - Read the required books from the book list. We require a few more books that most certifying bodies because we feel it is essential to view birth with an open mind and an educated mind. Reading two to three more books can assist in doing this but it also exposes students to different viewpoints and perceptions of the birth process. Book report forms are included in the forms section. Books with an * are required reading.

Being a Doula- 3 books *required and then choose 2 additional books.	
Special Women: The Role of the Professional Labor Assistant *	Paulina Perez*
The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth	Marshall H., M.D. Klaus
The Birth Partner, Second Edition	Penny Simkin*
Doula: We Couldn't Have Done It without You! The Ultimate Guide to Labor Support during Pregnancy and Childbirth	Antoinette Bond, Janet M. Graham
The Doula Advantage: Your Complete Guide to Having an Empowered and Positive Birth with the Help of a Professional Childbirth Assistant	Rachel Gurevich
Mind Over Labor	Carl Jones
Mothering the Mother: How a Doula Can Help You Have a Shorter, Easier, and Healthier Birth	Marshall H. Klaus
Doula Programs	Paulina Perez
The Nurturing Touch at Birth: A Labor Support Handbook	Paulina Perez
Birth Balls : Use of Physical Therapy Balls in Maternity Care	Paulina Perez

Special Circumstances	1 book
Empty Arms: Hope and Support for Those Who Have Suffered a Miscarriage, Stillbirth, or Tubal Pregnancy	Pam Vredevelt
Education & Counseling for Childbirth	Sheila Kitzinger
Expecting Adam: A True Story of Birth, Rebirth, and Everyday Magic	Martha Beck
Choosing Naia : A Family's Journey	Mitchell Zuckoff
Ended Beginnings	Claudia Panuthos
The Bereaved Parent	Harriet Sarnoff Schiff
Swallowed by a Snake: The Gift of the Masculine Side of Healing	Thomas R. Golden

Pregnancy	2 Books
Pregnancy, Childbirth, and the Newborn, Revised and Updated: The Complete Guide	Penny Simkin
The Complete Book of Pregnancy and Childbirth	Sheila Kitzinger
The Mother of All Pregnancy Books: The Ultimate Guide to Conception, Birth, and Everything In Between	
The Pregnancy Book: Month-by-Month, Everything You Need to Know From America's Baby Experts	William and Martha Sears
Pregnancy the Natural Way	Zita West
The Natural Pregnancy Book: Herbs, Nutrition and Other Holistic Choices	Aviva Jill Romm
The Scientification of Love	Michel Odent
A Holistic Guide to Embracing Pregnancy, Childbirth, and Motherhood	Karen Salt
Reclaiming the Spirituality of Birth: Healing for Mothers and Babies	Benig Mauger

Labor and Birth	1 Books
The Birth Book: Everything You Need to Know to Have a Safe and Satisfying Birth	William and Martha Sears
Ina May's Guide to Childbirth	Ina May Gaskin *
A Good Birth, A Safe Birth : Choosing and Having the Childbirth Experience You Want, Third Revised Edition	Diana Korte
Mother's Intention: How Belief Shapes Birth	Kim Wildner
Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation	Pam England
Spiritual Midwifery	Ina May Gaskin
The Thinking Woman's Guide to a Better Birth	Henci Goer *
Active Birth: The New Approach to Giving Birth Naturally*	Janet Balaskas
Gentle Birth Choices: A Guide to Making Informed Decisions About Birthing Centers, Birth Attendants, Water Birth, Home Birth, Hospital Birth	Barbara Harper, Suzanne Arms
Mothering Magazine's Having a Baby, Naturally: The Mothering Magazine Guide to Pregnancy and Childbirth	Peggy O'Mara

Rediscovering Birth	Sheila Kitzinger
An Easier Childbirth: A Mother's Guide for Birthing Normally	Gayle Peterson

Breastfeeding	1 Book
The Ultimate Breastfeeding Book of Answers : The Most Comprehensive Problem-Solution Guide to Breastfeeding from the Foremost Expert in North America	Jack Newman
The Womanly Art of Breastfeeding	La Leche League International
The Nursing Mother's Herbal	Sheila Humphrey
Breastfeeding Special Care Babies	Sandra Lang
The Breastfeeding Book: Everything You Need to Know About Nursing Your Child from Birth Through Weaning	William and Martha Sears
The Complete Book of Breastfeeding	Marvin S. Eiger, Sally Wendkos Olds
The Nursing Mother's Companion	Kathleen Huggins
Nursing Mother, Working Mother: The Essential Guide for Breastfeeding and Staying Close to Your Baby After You Return to Work	Gale Pryor
Adventures in Tandem Nursing	Hilary Flower
The Fussy Baby: How to bring out the best in your high need child.	William and Martha Sears

Cesarean Birth	1 book
Expectant Parent's Guide to Preventing a Cesarean Section	Carl Jones
Silent Knife: Cesarean Prevention and Vaginal Birth after Cesarean (VBAC)	Nancy Wainer Cohen
Open Season : A Survival Guide for Natural Childbirth and VBAC in the 90s (Critical Studies in Education & Culture)	Nancy Wainer Cohen
The Vbac Companion: The Expectant Mother's Guide to Vaginal Birth After Cesarean	Diana Korte
Natural Childbirth After Cesarean: A Practical Guide Vaginal Birth After Cesarean: The Smart Woman's Guide to Vbac	Elizabeth Kaufmann
Artemis Speaks: Vbac Stories and Natural Childbirth Information	Nan Koehler
Birth after Cesarean: The Medical Facts	Dr. Bruce Flamm
Natural Birth After Cesarean: A Practical Guide	Johanne C. Walters , Karis Crawford

Parenting- Suggested books- these	
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books fit in well with the Birth Arts Philosophy.	
Naturally Healthy Babies and Children: A Commonsense Guide to Herbal Remedies, Nutrition, and Health	Aviva Jill Romm
Vaccinations: A Thoughtful Parent's Guide: How to Make Safe, Sensible Decisions about the Risks, Benefits, and Alternatives	Aviva Jill
The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two (Revised and Updated Edition)	James Sears
The Discipline Book: How to Have a Better-Behaved Child From Birth to Age Ten	Martha, William Sears
The Attachment Parenting Book : A Commonsense Guide to Understanding and Nurturing Your Baby	Martha Sears, William Sears
Three in a Bed : The Benefits of Sharing Your Bed With Your Baby	Deborah Jackson
The Natural Child: Parenting from the Heart	Jan Hunt
Primal Health: Understanding the Critical Period Between Conception and the First Birthday	Michel Odent
Natural Family Living : The Mothering Magazine Guide to Parenting	Peggy O'Mara