



Birth & Postpartum Doula Certification

This book list will continue to grow and change. New books will be added as the administrators of the certification read books that are insightful and educational.

Book List

Narratives
Spiritual Midwifery
History and Cultural Awareness
Ina May's Guide to Childbirth by Ina May Gaskin
Lying-In: A History of Childbirth in America
Parent-Focused
Taking Charge of Your Fertility, 20th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health
Home Birth: a practical guide 4th edition
Politics and Evidence-Based
Body Belly Soul: The Black Mother's Guide to a Primal, Peaceful and Powerful Birth
Babies are not Pizzas
For Her Own Good: Two Centuries of the Experts Advice to Women 2nd edition
Pushed: The Painful Truth About Childbirth and Modern Maternity Care
Skills Development
The Doula Book
Christ Centered Childbirth
Birthing From Within
The Doula Book: How a Trained Labor Companion Can Help you Have a Shorter, Easier and Healthier Birth (2012, or later)
Changing Birth on Earth by Gail Tully



The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas and All Other Labor Companions, 5th Edition.

Natural Childbirth the Bradly Way by Susan McCutcheon

Pregnancy, Childbirth & the Newborn, the Complete Guide by Penny Simpkin

Working With Challenges or Traumatic Birth

Beyond the Blues, Understanding and Treating Prenatal and Postpartum Depression & Anxiety

When survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women, 2nd Edition

Plus Size Pregnancy by Dr Sara Wickham

Postpartum

Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers

The First Forty Days: The Essential Art of Nourishing the New Mother

When Baby Brings the Blues

Baby Care

The No-Cry Sleep Solution

The Happiest Baby on the Block

Breastfeeding & Baby Feeding

The Womanly Art of Breastfeeding

Breastfeeding Without Birthing: A Breastfeeding Guide for Mothers through Adoption, Surrogacy, and Other Special Circumstances

Coach's Notebook: Games & Strategies for Lactation Education

Business and Motivation

Dare to Lead: Brave Work. Tough Conversations. Whole Hearts.

Prenatal Fitness

The Complete Book of Yoga Meditation for Pregnancy

Preparing for Birth with Yoga