

Birth Arts International Doula Training - BOOK LIST

**** is required, then choose from the rest of the books listed in each section*

THE ART OF DOULA CARE - 2 books

***** Labor Progress Handbook, 2nd Edition** - Penny Simkin

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

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

PREGNANCY - 2 Books

*****The Complete Book of Pregnancy and Childbirth, 4th ed.** – Sheila Kitzinger

The Natural Pregnancy Book: Herbs, Nutrition, and Other Holistic Choices - Aviva Jill Romm

Pregnancy, Childbirth, and the Newborn, Revised and Updated: The Complete Guide - Penny Simkin

The Pregnancy Book - William and Martha Sears

Pregnancy the Natural Way - Zita West

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

Gentle Birth, Gentle Mothering: The Wisdom and Science of Gentle Choices in Pregnancy, Birth and Parenting- Dr Sarah J Buckley

LABOR & BIRTH - 2 Books

*****Ina May's Guide to Childbirth** - Ina May Gaskin

Birth 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

Sacred Birthing – Sunni Karll

A Good Birth, A Safe Birth, 3rd Ed. by Diana Korte

Mother's Intention: How Belief Shapes Birth - Kim Wildner

Active Birth: The New Approach to Giving Birth Naturally – Janet Balaskas

Gentle Birth Choices, 2nd ed. - Barbara Harper

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

Bestfeeding, 2nd ed. – Suzanne Arms, Chloe Renfrew

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

CESAREAN BIRTH - 1 book

The Cesearean - Michel Odent

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

Vaginal Birth After Cesarean: The Smart Woman's Guide to VBAC - Elizabeth Kaufmann

Birth after Cesarean: The Medical Facts - Dr. Bruce Flamm

Natural Birth After Cesarean: A Practical Guide - Johanne C. Walters , Karis Crawford

SPECIAL CIRCUMSTANCES - 1 book

Education & Counseling for Childbirth - Sheila Kitzinger

Empty Arms: Hope and Support for Those Who Have Suffered a Miscarriage, Stillbirth, or Tubal Pregnancy - Pam Vredevelt

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

PARENTING - 1 book

After the Baby's Birth, 2nd ed. – Robin Lim

Natural Health after Birth: The Complete Guide to Postpartum Wellness – Aviva Jill Romm

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 Romm

The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two (Revised and Updated Edition) - James 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

Natural Family Living: The Mothering Magazine Guide to Parenting - Peggy O'Mara

The Continuum Concept – Jean Liedloff