

Postpartum Doula Certification Assignments

Birth Arts

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1. Answer and do all activities in the course book.
2. Make a complete are resource list
3. Read 6 books from the following book list and do a book report on all six.

Postpartum Care	2 Books
Ina May's Guide to Childbirth	Ina May Gaskin
Natural Health after Birth : The Complete Guide to Postpartum Wellness	Aviva Jill Romm
Mothering the New Mother: Women's Feelings and Needs After Childbirth a Support and Resource Guide	Sally Placksin
After the Baby's Birth: A Woman's Way to Wellness : A Complete Guide for Postpartum Women	Robin Lim
Nurturing the Family The Guide for Postpartum Doulas	Jacqueline Kelleher
The YEAR AFTER CHILDBIRTH	Sheila Kitzinger

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	1 book
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

4. Resource List- Formulate an extensive regional resource list. This list should contain providers that linked to birth and pregnancy or can be linked to birth and pregnancy.

An example would be
WIC

Breastfeeding Resources- lactation Consultant, breast pump rentals and sales

Parenting Resources

Food resources, pantries, discount food resources, etc

Providers- Massage therapists, chiropractors, acupuncturist, acupressure, childbirth education and prenatal classes

Birth Providers- Obgyn, Midwives, Family Practice Doctors

Birth Places- Hospitals, Birth Centers, Homebirth care providers

The more extensive your list the better.

5. Hospital Visit- Visit 2 Hospitals or 1 hospital and 1 birth Center and evaluate the setting. Form Included. This will allow you to know where the mothers are coming from.

6. Attend a breastfeeding meeting groups. Minimum 6 hours of observation.

7. CPR certification