

Birth Arts International Book List and Assignments

Birth Arts Doula Training Requirements

The following are all the course requirements. You will find the complete booklist and instructions for activities required for certification.

Being a Doula- 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 and Birth - 2 Books

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

- 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
- Sacred Birthing – Sunni Karll
- A Good Birth, A Safe Birth : Choosing and Having the Childbirth Experience You Want, Third Revised Edition 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 Renfew
- 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 Cesarean - 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- Optional

- 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
- 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
- The Continuum Concept – Jean Liedloff
- After the Baby's Birth, 2nd ed. – Robin Lim
- Natural Health after Birth: The Complete Guide to Postpartum Wellness – Aviva Jill Romm

Assignments

All assignments are found in the assignment section of your online student portal. You are able to directly submit assignments to your trainer there.