



*Happy Mama Healthy Baby Alliance*

*Maternal-Child Health Education, Training, Consultation and Support*

## **REQUIRED READING LIST FOR HMHBA DOULA CERTIFICATION**

**Choose three (3) books from the following list and write a book summary of each. They should be 2-3 pages, 1.5 spaced and 11-point font, Times New Roman or Ariel. You should describe what the book is about, its main ideas, and what you learned from the book and how you will apply it in your doula practice. This is to be turned in with your client evaluations and other required items.**

### **Breastfeeding**

*The Politics of Breastfeeding* by Gabrielle Palmer

*The Womanly Art of Breastfeeding* by Le Leche League

### **History of Childbirth**

*Midwifery and Childbirth in America* by Judith Rooks

*Spiritual Midwifery* by The Farm Midwives

### **Politics of Childbirth**

*Pushed* by Jennifer Block

*Deadly Delivery: Maternal Mortality and the Crisis in Maternal Healthcare in the USA* by Amnesty International (in your handouts)

*Black Women Birthing Justice* by Julia Chinyere Oparah

### **Midwifery**

*Ina May's Birth Book* by Ina May Gaskin

*Heart and Hands: A Midwife's Guide to Labor and Birth* by Elizabeth Davis

*Human Labor and Birth* Oxorn & Foote

## **Culture**

*Birth in Four Cultures* by Bridgette Jordan

*The American Way of Birth* by Robbie Davis-Floyd

## **The Newborn and Parenting**

*The Art of Indian Baby Massage* by Fredrick LeBoyer

*Nighttime Parenting* by William Sears

*The Continuum Concept* by Jean Liedloff

## **Birth and Labor Support**

*Mind Over Labor* by Carl Jones

*The Birth Partner* by Penny Simkin

*Ecstatic Birth e-book* by Dr. Sarah Buckley (in your handouts).

## **Cesarean and VBAC**

*The Dangers of Cesarean* by Nicette Juckelevics

**Send your book reports via email to:**

**Cordelia Hanna, MPH at [cordelia.hanna@motherbabysupport.net](mailto:cordelia.hanna@motherbabysupport.net)**