



## REQUIRED READING & VIEWING LIST FOR CERTIFICATION

### READING LIST:

(Pregnancy/Birth/Newborn)

1. Ina May's Guide to Childbirth by Ina May Gaskin
2. Spiritual Midwifery Ina May Gaskin
3. The Doula Book by Klaus, Kennell & Klaus
4. Pushed by Jennifer Block
5. The Thinking Woman's Guide to a Better Birth by Henci Goer
6. Pregnancy, Childbirth and the Newborn by Penny Simkin
7. Gentle Birth Choices by Barbara Harper
8. The Birth Partner by Penny Simkin
9. The Labor Progress Handbook (you should own this one!)

(Breastfeeding)

1. The Nursing Mothers Companion by Kathleen Huggins
2. The Ultimate Breastfeeding Book of Answers by Jack Newman
3. Ina May's Guide to Breastfeeding by Ina May Gaskin

### VIDEOS:

1. In the Womb (National Geographic)
2. The Business of Being Born
3. More Business of Being Born
4. The Happiest Baby on the Block