



Postpartum Doula Certification Program Reading List

CAPPA Canada Postpartum Doula Certification Program Certification candidates must read the CAPPA Canada Postpartum Doula Manual (provided at the workshop or included in the distance program packet) and must choose a MINIMUM of seven (7) books from the list below. Please choose at least one from each category below. Extra reading is always highly recommended.

If you have read a book or would like to read one that is not included in the list below, please contact the CAPPA Canada Office at info@cappacanada.ca for approval.

The mother (choose one):

DOUGLAS, Ann (2002), *The Mother of All Baby Books: An All-Canadian Guide to Your Baby's First Year* (Canadian edition), Wiley Publishing: Mississauga (Canada).

SIMKIN, Penny, Janet WHALLEY & Ann KEPPLER (2010), *Pregnancy, Childbirth and the Newborn*, Meadowbrook Press: Minnesota (USA).

LIM, Robin (1995), *After the Baby's Birth: A Complete Guide for Postpartum Women*, Celestial Arts, Berkeley: California (USA).

Breastfeeding (choose one):

MOHRBACKER, Nancy & Kathleen KENDALL-TACKETT (2010), *Breastfeeding Made Simple*, New Harbinger Publications, Inc., Oakland (USA).

NEWMAN, (Dr.) Jack & Teresa PITMAN (2009), *Dr. Jack Newman's Guide to Breastfeeding*, Collins Canada: Toronto (Canada).

La Leche League (2010), *The Womanly Art of Breastfeeding* (7th revised edition), Ballantine Books: New York (USA).

KALNINS, Daina, Debbie STONE & Joyce TOUW (2007), *Better Breastfeeding: A Mother's Guide to Feeding and Nutrition*, The Hospital for Sick Children, Robert Rose: Richmond Hill (Canada)

The baby (choose one):

DOUGLAS, Ann (2002), *The Mother of All Baby Books: An All-Canadian Guide to Your Baby's First Year* (Canadian edition), John Wiley & Sons Canada Ltd.: Mississauga (Canada).

SIMKIN, Penny, Janet WHALLEY & Ann KEPPLER (2010), *Pregnancy, Childbirth and the Newborn*, Meadowbrook Press: Minnesota (USA).

Postpartum Mood Disorder (choose one):

DALFEN, Ariel (2009), *When Baby Brings the Blues: Solutions for Postpartum Depression*, John Wiley & Sons Canada Ltd.: Mississauga (Canada).

BENNETT, Shoshana S. & Pec INDMAN (2010), *Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postpartum Depression* (Revised edition), Moodswings Press: San Jose (USA).

Pacific Postpartum Support Society (2004), *Postpartum Depression and Anxiety: A Self-help guide for mothers* (sixth edition), Pacific Postpartum Support Society: Burnaby (Canada).

Other readings (choose three):

KLAUS, Marshall & Phyllis KLAUS (1999), *Your Amazing Newborn*, Da Capo Press: Cambridge, New York (USA).

SEARS, William & Martha SEARS (2003), *The Baby Book*, Little, Brown and Company: New York (USA).

KLAUS, Marshall H., John H. KENNELL & Phyllis H. KLAUS (1996), *Bonding, Building the Foundations of Secure Attachment and Independence*, Da Capo Press: Cambridge, New York (USA).

BRAZELTON, T. Berry & Bertran G. CRAMER (1991), *The Earliest Relationship: Parents, Infants, and the Drama of Early Attachment*, Da Capo Press: Cambridge, New York (USA).

NOBLE, Elizabeth (2003), *Having Twins: A Parent's Guide to Pregnancy, Birth and Early Childhood* (3rd edition), Mariner Books: New York (USA).

KELLEHER, Jacqueline (2002), *Nurturing the Family: The Guide for Postpartum Doulas*, Xlibris: USA.

HUGGINS, Kathleen (2010), *The Nursing Mother's Companion* (6th edition), Harvard Common Press: Massachusetts (USA).

KARP, Harvey (2003), *The Happiest Baby on the Block*. Bantam: New York (USA).

SEARS, William et al. (2004), *The Premature Baby Book*. Little, Brown and Company: New York (USA).

KLEIMAN, Karen R. (2000), *The Postpartum Husband: Practical Solutions for Living with Postpartum Depression*, Xlibris Corporation: USA.

MADSEN, Lynn (1994), *Rebounding from Childbirth: Towards Emotional Recovery*, Bergin & Garvey Trade: Westport (USA).

KLEIMAN, Karen R. & Valerie D. RASKIN (1994), *This Isn't What I expected*, Bantam: New York (USA).

WHEELER, Sarah Rich & Rana K. LIMBO (1998), *When a Baby Dies*, Gundersen Lutheran Hospital: La Crosse (USA).

These books may be purchased in the CAPPa bookstore (if in stock), any online bookstores such as amazon.ca or chapters.ca, at a local bookstore, etc. or may be borrowed from your local library, childbirth related organizations or doula association lending library if your community has one.