



DOUGLAS COLLEGE

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Required Reading for Douglas College Doula Training Course

These **three** books are essential to your work as a Birth and Postpartum Doula. We recommend that you own them (second hand copies, or slightly older editions are fine!)

- **The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas and All Other Labor Companions** (most recent edition) Simkin, P. and Rohs, K. (2018)
- **Nurturing the Family: A Doula's Guide to Supporting New Parents** Kelleher, J. (2019)
- **Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers.** Mohrbacher, N. and Kendall-Tackett, K. (2010).

We recommend that you own and read (or at least skim) **ONE** of these two books BEFORE the course begins, if at all possible. They will give you basic information about Pregnancy, Birth and the Postpartum period.

- **The Mother of All Pregnancy Books: An All-Canadian Guide to Conception, Birth and Everything in Between, 3rd edition.** Douglas, A. (2015).
- **Pregnancy, Childbirth and the Newborn: The Complete Guide, 5th edition.** Simkin, P., et al. (2018).

You have the 12 Weeks of the course to become acquainted with these books. You do NOT have to read them cover-to-cover, although of course that would be great. But we do want you to skim them and be prepared for discussion in the Week 12 online session - about why they will be useful to you as you begin to work as a doula.