

REQUIRED READING LIST

For the CAPPA Postpartum Doula

Please choose books from each of the following categories. You will need to read a total of 11 books, including the Training Manual and See What You Read Booklet.

CATEGORY 1: GENERAL READING (ALL Students must read BOTH of these booklets)

CAPPA Postpartum Doula Manual (provided at training)
See What You Read: Mother and New Baby Care booklet available in the CAPPA Store

CATEGORY 2: THE NEW MOTHER & FAMILY (choose 1 from this category)

Mothering the New Mother, 2nd Edition (2000) by Sally Placksin
After the Baby's Birth (2004) by Robin Lim
Nurturing the Family: The Guide for Postpartum Doulas (2002) by Jacqueline Kelleher
The Gentle Art of Newborn Family Care (2012) by Salle Webber
The Mommy Plan (2012) by Valerie Lynn

CATEGORY 3: THE NEWBORN (choose 1 from this category):

Pregnancy, Childbirth, and the Newborn, 4th Edition (2010) by Penny Simkin, et.al.
The Baby Book (2013) by Drs. William and Martha Sears

CATEGORY 4: BREASTFEEDING (choose 2 from this category)

The Womanly Art of Breastfeeding, 8th Edition by Diane Wiessinger (LLL International)
Nursing Mother, Working Mother (2007) by Gale Pryor and Kathleen Huggins
The Breastfeeding Book (2000) by Drs. Martha & William Sears
The Nursing Mother's Companion, 6th Edition (2010) by Kathleen Huggins
The Ultimate Breastfeeding Book of Answers (2006) by Dr. Jack Newman & Teresa Pitman
Breastfeeding Made Simple (2010) by Kathleen Kendall-Tackett, Nancy Mohrbacher, and Dr. Jack Newman

CATEGORY 5: BREASTFEEDING MULTIPLES or TANDEM NURSING (choose 1 from this category)

Adventures in Tandem Nursing (2003) by Hillary Flower

Mothering Multiples: Breastfeeding and Caring for Twins or More! 3rd Edition (2007) by Karen Kerkoff Gromada (La Leche League International)

CATEGORY 6: POSTPARTUM MOOD DISORDERS (choose 1 from this category)

This Isn't What I Expected: Overcoming Postpartum Depression (1994) by Karen Kleiman & Valerie Rasking

Beyond the Blues: A Guide to Understanding And Treating Prenatal And Postpartum Depression (2010) by Shoshana S. Bennett

Depression in New Mothers (2009) by Kathleen Kendall-Tackett

CATEGORY 7: MULTIPLES (choose 1 from this category)

Mothering Multiples: Breastfeeding and Caring for Twins or More! 3rd Edition (2007) by Karen Kerkoff Gromada (La Leche League International)

When You're Expecting Twins, Triplets or Quads, Revised Edition (2004) by Dr. Barbara Luke and Tamara Eberlein

Twinspiration (2005) by Cheryl Lange

CATEGORY 8: BONDING and RELATIONSHIPS (choose 1 from this category)

The Earliest Relationship (1991) by T. Berry Brazelton & Bertrand Cramer

Bonding (1996) by Marshall Klaus, John Kennell, and Phyllis Klaus

The Greatest Pregnancy Ever (2012) by Tracy Wilson Peters and Laurel Wilson

The Attachment Pregnancy: The Ultimate Guide to Bonding with Your Baby (2014) by Tracy Wilson Peters and Laurel Wilson

CATEGORY 9: CALMING, SOOTHING, INFANT SLEEP (must choose 1 from this category)

The Happiest Baby on the Block (2003) by Dr. Harvey Karp (Note: DVD is acceptable)

The No-Cry Sleep Solution (2002) by Elizabeth Pantley