



## Required Reading Books

### Required Reading List

Read the **three required readings** and then choose **one** book to read from each of the three other categories. You will submit a total of six books to your mentor through our online management system. ***In the book “Nobody Told Me About That: The First Six Weeks, please write a short comment about what you learned from each chapter of the book.***

Completing the reading of a book every two months is recommended to stay on track for certification. It is encouraged to read more than just the required number of books as you continue to self-educate after your certification is completed.

#### Required Readings

- Amazing Talents of the Newborn by Marshall Klaus MD
- Hold Your Preemie by Jill Bergman and Nils Bergman MD
- Nobody Told Me About That: The First Six Weeks by Ginger Breedlove, PhD, Editor  
(Write one short paragraph about what you learned from each chapter in the book)

#### Postpartum Support

- *Nurturing the Family: The Guide for Postpartum Doulas* by Jacqueline Kelleher
- *The Year After Childbirth* by Sheila Kitzinger
- *Mothering the New Mother: A Postpartum Resource Guide* Mothering the New Mother: A Postpartum Resource Guide by Sally Placksin
- *Rediscovering Birth* by Sheila Kitzinger Chapters 7,8,9

#### Infant Care, Sleep, Breastfeeding and Parenting

- *The Womanly Art of Breastfeeding* - La Leche League International
- *Nursing Mother, Working Mother: The Essential Guide for Breastfeeding and Staying Close to Your Baby After You Return to Work* by Gale Pryor
- *Clinics in Human Lactation: Non-Pharmacologic Treatments for Depression in New Mothers* by Kathleen Kendall-Tackett PhD, IBCLC
- *Breast is Best DVD*
- *The Ultimate Breastfeeding Book of Answers: The Most Comprehensive Problem-Solving Guide to Breastfeeding from the Foremost Expert in North America, Revised & Updated Edition* by Jack Newman M.D. & Teresa Pitman
- *Primal Health: Understanding the Critical Period Between Conception and the First Birthday* by Michel Odent
- *The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two* (Updated Edition) by James Sears
- *The Attachment Parenting Book: A Commonsense Guide to Understanding and Nurturing Your Baby* by Martha Sears, William Sears
- *The Art of Parenting Twins* by Patricia Malmstrom and Janet Poland

- *Oops: I wish I had known this before. The Parenting Handbook* by Erik R. Robertson, MA
- *Birthing in the Spirit* by Cathy Daub
- *Three in a Bed: The Benefits of Sharing Your Bed With Your Baby* by Deborah Jackson
- *Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family* by Diane Weissinger, Diana West, Linda J. Smith and Teresa Pitman
- *The No Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through The Night* by Elizabeth Pantley
- *The Baby Sleep Book: The Complete Guide to a Good Night's Rest for the Whole Family* by Dr. William Sears

### **Special Circumstances**

- *Empty Arms: Hope and Support for Those Who Have Suffered a Miscarriage, Stillbirth, or Tubal Pregnancy* by Pam Vredevelt
- *Ended Beginnings* by Claudia Pantheos
- *The Bereaved Parent* by Harriet Sarnoff Schiff
- *Choosing Naia : A Family's Journey* by Mitchell Zuckoff
- *This Isn't What I Expected: Overcoming Postpartum Depression* by Karen Kleiman & Valerie Raskin
- *The Hidden Feelings of Motherhood: Coping with Stress, Depression, and Burnout* by Kathleen A. Kendall-Tackett
- *The Everything Parent's Guide to Raising Your Adopted Child: A Complete Handbook to Welcoming Your Adopted Child Into Your Heart and Home* by Corrie Lynn Player