

Must have *prior* to workshop:

- The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas and All Other Labor Companions by Penny Simkin, 2007 (3rd Edition)

Reading Before and/or After the Workshop:

- *DONA International's Position Paper: The Birth Doula's Contribution to Modern Maternity Care*, by DONA International, 2012

AND

- The Doula Book: How a Trained Labor Companion Can Help you Have a Shorter, Easier and Healthier Birth, by Marshall and Phyllis Klaus, 2012 (3rd Edition)

At least *ONE* of the following:

- The New Pregnancy and Childbirth: Choices and Challenges by Sheila Kitzinger, 2011
- Pregnancy, Childbirth and the Newborn: The Complete Guide, by Penny Simkin, Janet Whalley, Ann Keppler, Janelle Durham, and April Bolding, 2010 (4th Edition)
- The Mother of All Pregnancy Books: An All-Canadian Guide to Conception, Birth and Everything in Between by Ann Douglas, 2011
- The Simple Guide to Having a Baby: A Step-by-Step Illustrated Guide to Pregnancy and Childbirth by Janet Whalley, Penny Simkin and Ann Keppler, 2005

At least *ONE* of the following:

- An Easier Childbirth: A Mother's Guide to Birthing Normally, by Gale Peterson, 2008 (2nd Edition)
- Ina May's Guide to Childbirth by Ina May Gaskin, 2003
- Natural Hospital Birth: The Best of Both Worlds by Cynthia Gabriel, 2011
- Optimal Care in Childbirth: The Case for a Physiologic Approach by Henci Goer and Amy Romano, 2012