

Required Reading

All trainees in the moonhoney Birth Doula Training program must complete required reading. Each trainee must read 1 book from each category, in addition to the 2 books listed below.

The following books are required:

1. The Prenatal Movement Guide by Ciarra Hodges & Jordan Coburn
2. The Yamas & Niyamas by Deborah Adele

Select 1 book from the following categories to read:

Black Birth

1. Oh Sis, You're Pregnant! by Shanicia Boswell
2. Finding P.E.A.C.E. in Pregnancy: The Paternity Guide by Jordan Coburn
3. The New Dad's Playbook: Gearing Up for the Biggest Game of Your Life by Benjamin Watson
4. Mama Glow: A Hip Guide to Your Fabulous, Abundant Pregnancy by Latham Thomas

Required Reading

Select 1 book from the following categories to read:

Pregnancy & Birth

1. Active Birth by Janet Balaskas
2. The Birth Partner by Penny Simpkin
3. Birthing from Within by Pam England
4. HypnoBirthing: The Mongan Method by Marie Mongan
5. **Video:** The Business of Being Born by Ricki Lake

Equity & Social Justice

1. Battling Over Birth by Julia Chinyere Oparah
2. Birthing Justice by Julia Chinyere Oparah & Alicia D. Bonaparte
3. Killing the Black Body by Dorothy Roberts
4. Between the World and Me by Ta-Nehesi Coates

Required Reading

Select 1 book from the following categories to read:

Trauma Informed

1. The Body Keeps Score by Bessel Van Der Kolk
2. Why Birth Trauma Matters by Emma Svanberg
3. Swallowed by a Snake by Thomas R. Golden
4. Resource: The Trauma Toolbox*

Breastfeeding

1. The Big Let Down by Kimberly Seals Allers
2. the first forty days by Heng Ou
3. Baby Led Breastfeeding by Gill Rapley
4. **Video:** The Milky Way

****Additional resource is intended to supplement required reading and does not count as a book. Contact me directly to purchase books without a link.***