

**DOULA CERTIFICATION REQUIREMENTS**

(All requirements must be completed within 2 years of attending the Doula Workshop)

1. Complete the Birth Well Doula Workshop
2. Complete **one** of the following:

Training in childbirth education or midwifery

Nurses with work experience in labor and delivery

Observe a childbirth preparation series (not as an expectant parent)

Non-hospital affiliated childbirth classes are acceptable.

1. Documentation and evaluations from 3 births attended after the training workshop
2. Develop and submit a birth resource list
3. Attend a breastfeeding class or workshop
4. 2 written reviews of books from the reading list below.

**Required Reading** (Please choose one book from List 1 and one book from List 2)

List 1

The Birth Partner: Everything you need to know to help a woman through labor, by Penny Simkin.

Mothering the Mother, by Klaus, Kennell.

List 2

Having Your Baby: A Guide for African American Women, Hilda Hutcherson

The Mocha Manual to a Fabulous Pregnancy, Kimberly Seals Allers

Mama's Little Baby: The Black Woman's Guide to Pregnancy, Childbirth, and Baby's First Year, Dennis Brown

Ina May’s Guide to Childbirth, Ina May Gaskins

Immaculate Deception, Suzanne Arms

Birthing From Within, Pam England

Spiritual Midwifery, Ina May Gaskin

The Thinking Woman’s Guide to a Better Birth, Henci Goer

Gentle Birth Choices, Barbara Harper

Bountiful, Beautiful, Blissful Gurmukh Khalsa

She Births: A Modern Woman's Guidebook For An Ancient Rite of Passage, Marcie Macari

Natural Childbirth the Bradley Way, Susan McCutcheon

The Natural Pregnancy Book: Herbs, Nutrition, and Other Holistic Choices, Aviva Jill Romm

Born in the USA: How a Broken Maternity System Must Be Fixed To Put Women and Children First, Marsden Wagner