

Postpartum Certification Requirements 2020

- Read ALL the required books on the reading list.
 - 5 book reports of 250 to 500 words from the required reading list.
 - Attendance at a childbirth education class. 250 word summary required.
 - A research project on a topic relevant to postpartum doulas approved by the trainer.
 - A research paper of a minimum of 1000 words, citing at least four resources.
- OR
- A video or in person presentation/demonstration of about 15 minutes long
 - 5 hour CPR/AED Level C and infant/toddler first aid certification with Safe Beginnings
- Breast/chestfeeding:
 - Attend 4 La Leche League meetings.
- OR
- 4 meetings with a local breastfeeding education/support organization of your choice
- AND
- Minimum 16 hours WHO approved lactation education course (in person)
- OR
- Step2 Education: <https://step2education.com/> (On-Line)
- Attendance at one birth if you have not given birth nor attended a birth before, 250 word written summary required. It can be anyone's birth.
 - A daily reflection practice, such as journaling, meditating, yoga, etc, to develop a strong, grounded centre from which to provide your service. A 250 word written summary of what you've learned is required.
 - Attend to 4 postpartum families (6 hours minimum per family) Written evaluation from each family required.
 - Business assignment, to be given in class
 - Final "open book" exam. When ALL your paperwork is handed in, you will be given your final exam

Postpartum Required Reading List 2020

- [Our Babies, Ourselves](#) by Meredith F. Small
- [Traumatic Childbirth](#) by Cheryl Tatano Beck
- [Natural Health After Birth: The Complete Guide to Postpartum Wellness](#) by Aviva Romm
- [The Fourth Trimester Companion: How to Take Care of Your Body, Mind, and Family](#) by Cynthia Gabriel
- [The Womanly Art of Breastfeeding](#) by La Leche League International
- [The Gentle Sleep Book](#) by Sarah Ockwell-Smith
- [This Isn't What I Expected: Overcoming Postpartum Depression](#) By Karen R. Kleiman, Valerie Davis Raskin
- [Parenting From the Inside Out](#) by Dr. Dan Siegel

Recommended Reading List

- [Pregnancy, Childbirth, and the Newborn: The Complete Guide](#) 4th Edition Penny Simkin, Janet Walley, Anne Keppler, Janelle Durham, April Bolding
- [Mothering Multiples: Breastfeeding and Caring for Twins or More](#) 3rd edition by Karen Kerkhoff Gromada
- [The Premature Baby Book](#) by Drs. Sears
- [Empty Cradle, Broken Heart: Surviving the Death of your Baby](#) by Deborah L. Davis

Online Resources

- [Kellymom.com](#)
- [Ibconline.ca](#) (Dr. Jack Newman)
- [Pattch.org](#) (Prevention and Treatment of Traumatic Childbirth)
- [Postpartum.net](#) (Postpartum Support International)
- [EvolutionaryParenting.com](#)