

PEER-RECOMMENDED RESOURCES

On this list, you will find resources that were shared by other doula trainees during our live classes. These all came up in our class discussions and I encouraged the doulas to enter them in the Chat function on Zoom.

Books

- Karp, H. *Happiest Baby on the Block*, 2003. Baby calming practices, the 4th trimester, and the 5 S's.
- Kleiman, K. *The Postpartum Husband: Practical Solutions for living with Postpartum Depression*, 2001.
- La Leche League. *Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family*, 2014
- McKenna, J. *Safe Infant Sleep: Expert Answers to Your Cosleeping Questions*, 2020
- Ritter, T. *Say No to Circumcision!: 40 Compelling Reasons Why You Should Respect His Birthright and Keep Your Son Whole*, 1992
- Weed, S., *Wise Woman Herbal for the Childbearing Year*, 1996. Excellent information on nutrition and herbs for common complaints of pregnancy, labor, postpartum, and breastfeeding.

Coordinate Help Websites

- [Care Flash](#). Private, invitation-only website to coordinate a community of care.
- [Give InKind](#). Organize support for anyone, anywhere.
- [Meal Train](#). Organize meals for a friend after a birth, surgery, or illness.
- [SignupGenius](#). Group organizing to coordinate people and events.

General Information

- [Empowered Natural Medicine for Women](#), with Aviva Romm. Solid source of information on safe use of herbs in the childbearing year and women's health overall. Aviva an OB/GYN herbalist and former homebirth midwife. She has a helpful blog and e-newsletter.
- [Evidence Based Birth](#). Non-biased source for current, evidence-based Information on pregnancy and childbirth. She answers the question, "What does the research say?"
- [Dr. Sarah J. Buckley](#). Author of pregnancy, birth, and parenting books. Great research on hormones in labor.

Parenting

- [Becoming Us](#). Parent and family support, courses for parents and professionals.
- [Center for Babywearing Studies](#). Babywearing training and consultants.
- [GaysWithKids](#). Website and social network serving the interests and needs of queer dads and families.
- [Postpartum Dads](#). Firsthand information and guidance through the experience of PPD for dads and families.
- [Postpartum Support International](#)
- [The Period of Purple Crying](#). Support for soothing babies.

Perinatal Loss

- [Care Providers Supporting Bereaved Parents](#).
- [Quietly United in Loss Together](#) (QUILT) Foundation.
- [Still Birthday](#). A pregnancy loss is still a birthday.
- [Star Legacy Foundation](#). Links to an article providing advice for birth doulas who companion the bereaved.
- [The Institute for the Study of Birth, Breath, and Death](#). Organization for professionals working in mindful birthing, living, and dying.

Tools

- Edinburgh Postnatal Depression Scale. Tool that can be self-administered by new mother with statistically reliable results that indicate whether further screening for postpartum mood disorders is warranted (available through many sources online, in many languages).
- [Edoula.biz](#). Online tools to help doulas manage their business.
- [Thrift Books](#). Used bookseller online.