

ICTC's RECOMMENDED READING LIST

For full certification you must read at least three of the books on this list and send book reports with your certification paperwork. Book reports may be short and concise – 300 words or just one page – is fine! Titles with + are required reading. Titles with ** are strongly recommended.

Section A. African Traditions and Black Women's Health

- +**Mama's Little Baby: The Black Woman's Guide to Pregnancy, Childbirth, and Baby's First Year** by Dennis Brown, M.D. and Pamela A. Toussaint
- ****Why Not Me?: The Story of Gladys Milton** by Wendy Bovard
- ****Folks Do Get Born** by Marie Campbell
- ****Mama Knows Best: African American Wives' Tales, Myths and Remedies for Mothers and Mothers-To-Be** by Chrisena Coleman
- ****The Healing Drum: African Wisdom Teachings** by Yaya Diallo and Mitchell Hall
- ****African American Midwifery in the South** by Gertrude Jacinta Fraser
- ****Roots of Time: A Portrait of African Life and Culture** by Margo Jefferson & Elliott P. Skinner
- ****Granny Midwives and Black Women Writers** by Valerie Lee
- ****Mother Wit: An Alabama Midwife's Story** by Onnie Lee Login
- ****Beyond the Storm** by Gladys Milton with Christine B.J. Fulwylie
- ****Reaching Out** by Shafia Monroe
- ****Breastfeeding Facts Over Fiction: Health Implications on the African American Community** by Mishawn Purnell-O'Nela, MPH
- ****The Black Woman's Guide to Breastfeeding: The Definitive Guide to Nursing for African American Mothers**, by Katherine Barber
- ****Listen to Me Good: The Life Story of an Alabama Midwife** by Margaret Smith and Linda Holmes
- ****Tapping the Power Within: A Path to Self-Empowerment for Black Women** by Iyanla Vanzant
- My Bag was Always Packed: The Life and Times of a Virginia Midwife** by Claudine Curry Smith and Mildred H.B. Roberson
- Black Midwives and Prenatal Providers Directory: Essential Recipes and Words of Wisdom for Expecting and New Parents** by Shafia M. Monroe. (www.sistahmidwife.com)
- Black Women for Beginners** by Beverly Hawkins Hall
- The Black Women's Health Book** by Evelyn C. White
- Body & Soul** by Linda Villarosa, Editor, With a Foreword by Angela Y. Davis and June Jordan
- Carnival of the Spirit** by Luisah Teish
- For Black Women Only** by Dr. Ingrid D. Hicks
- The Healing Drum** by Yaya Diallo and Mitchell Hall
- It Just Ain't Fair** by Annette Dula and Sara Goering
- Mabel One Midwife** by Elizabeth Redditt-Lyon
- The Measure of Our Success** by Marian Wright Edelman
- Beautiful! Images of Health, Joy and Vitality in Pregnancy and Birth** by Jennie Joseph
- Having Your Baby** by Hilda Hutcherson, M.D. with Margaret Williams
- Killing the Black Body: Race, Reproduction, and the Meaning of Liberty** by Dorothy Roberts
- A Path to Healing** by Dr. Andrea D. Sullivan
- Rocking the Babies** by Linda Raymond
- Tapping the Power Within** by Iyanla Vanzant
- The Way of the Orisa** by Philip John Neimark
- The Mocha Manual to a Fabulous Pregnancy** by Kimberly Seals-Allers

Section B: Pregnancy, Labor, and Birth

+**The Birth Partner, Third Edition: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions** by Penny Simkin

****Compete Book of Pregnancy and Childbirth** by Sheila Kitzinger

****Gentle Birth Choices: A Guide to Making Informed Decisions** by Barbara Harper

****Ina May's Guide to Childbirth** by Ina May Gaskin

****The Thinking Woman's Guide to a Better Birth** by Henci Goer

****Active Birth** by Janet Balaskas

****An Easier Childbirth** by Gayle Peterson

****Back Labor No More** by Janie King

Pregnancy, Childbirth and the Newborn: The Complete Guide by Penny Simkin, Janet Whalley, and Ann Keppler

A Good Birth, A Safe Birth by Diana Korte and Roberta Scaer

Birthing From Within by Pam England

Birth Reborn by Michel Odent

New Natural Pregnancy by Janet Balaskas

Women Giving Birth by Limberg and Smulders

Nurturing Touch at Birth: A Labor Support Handbook by Paulina Perez

The Birth Book by William and Martha Sears

Optimal Foetal Positioning by Jean Sutton and Pauline Scott

The Scientification of Love by Michel Odent

The Pregnancy Book: A Month-by-Month Guide by William and Martha Sears

The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth by Marshall H. Klaus, John H. Kennell, and Phyllis H. Klaus

The American Way of Birth by Jessica Mitford, Penguin

Spiritual Midwifery by Ina May Gaskin

Section C: Postpartum Care, Newborn Care, and Breastfeeding

+**The Womanly Art of Breastfeeding** by La Leche League

****Breastfeeding Your Baby** by Sheila Kitzinger

****The Ultimate Breastfeeding Book of Answers: The Most Comprehensive Problem-Solution Guide to Breastfeeding from the Foremost Expert in North America** by Jack Newman, MD and Teresa Pitman

The Nursing Mother's Companion by Kathleen Huggins

The Breastfeeding Book by William and Martha Sears

Breastfeeding Naturally by Hannah Lothrop

Nursing Your Baby by Karen and Gayle Pryor

Nursing Mother, Working Mother by Gayle Pryor

After the Baby's Birth by Robin Lim

The Year After Childbirth by Sheila Kitzinger

Mother Mysteries by Maren Tonder Hansen

Nurturing Your Newborn by Jeanne Lindsay

Your Amazing Newborn by Marshall and Phyllis Klaus

+**This Isn't What I Expected: Overcoming Postpartum Depression** by Kleiman and Raskin

Postpartum Survival Guide by Ann Dunnewold

Rebounding from Childbirth by Lynn Madsen

Section D: Complimentary Healing Modalities

+Healing Wise by Susan Weed

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

**Silent Knife by Nancy Wainer Cohen

**Immaculate Deception by Suzanne Arms

Wise Woman Herbal for the Childbearing Year by Susun Weed

Herbs for a Healthy Pregnancy by Penelope Ody

Prenatal Yoga and Natural Birth by Jeannine Parvati Baker

Mother Massage by Elaine Stillerman

Herbal Healing for Women by Rosemary Gladstar

Natural Healing for the Pregnant Woman by Elizabeth Burch

Herbal Remedies for Children's Health by Rosemary Gladstar

The New Holistic Herbal by David Hoffman

Cesarean Birth

The VBAC Companion by Diana Korte

Open Season by Nancy Wainer Cohen

The VBAC Experience by Lynn Baptisti Richards

This Isn't What I Expected: Overcoming Postpartum Depression by Kleiman and Raskin

Postpartum Survival Guide by Ann Dunnewold

Rebounding from Childbirth by Lynn Madsen

Section E: Additional Suggested Reading (especially for midwifery students)

+Understanding and Teaching Optimal Foetal Positioning by Jean Sutton and Pauline Scott

**A Guide to Effective Care in Pregnancy and Childbirth by Murray Enkin

**Waterbirth: A Midwife's Perspective by Susan Napierala

**Back Labor No More by Janie King

The Labor Progress Handbook: Early Interventions to Prevent and Treat Dystocia by Penny Simkin & Ruth Ancheta

Special Delivery by Rahima Baldwin

Nurturing Touch at Birth: A Labor Support Handbook by Paulina Perez

The Birth Book by William and Martha Sears

The Scientification of Love by Michel Odent

The Archaeology of Mothering: An African-American Midwife's Tale by Laurie A. Wilkie

Monique and the Mango Rains: Two Years with a Midwife in Mali by Kris Holloway

Fatal Years: Child Mortality in Late Nineteenth-Century America by Samuel H. Preston and Michael R. Haines

Childbearing Year by Susun S. Weed

New Pregnancy and Birth Book by Dr. Miriam Stoppard

Naturopathic Handbook of Herbal Formulas by Richard Scalzo

Varney's Midwifery, Third Edition by Helen Varney

Holistic Midwifery by Anne Frye

Birthsong Midwifery Workbook by Daphne Singingtree