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Dar a Luz Required Reading List

Please check off each of the books you have read and, when complete, sign the affidavit. Send a copy to Jodi Green by email or snail mail.

Read each of the following:

- Harper, Gentle Birth Choices: A Guide to Making Informed Decisions About Birthing Centers, Birth Attendants, Water Birth, Home Birth, Hospital Births
- Gaskin, Ina May's Guide to Childbirth
- La Leche League International, The Womanly Art of Breastfeeding
- Karen Kleiman and Valerie Raskin, This Isn't What I Expected: Overcoming Postpartum Depression

Read at least one of the following:

- Kitzinger, The Complete Book of Pregnancy and Childbirth, revised
- Simkin, Whalley, & Keppler, Pregnancy, Childbirth and the Newborn, The Complete Guide, revised
- Douglas, The Mother of All Pregnancy Books: The Ultimate Guide to Conception, Birth and Everything In Between

Read one of the following:

- England, Birthing From Within
- Dunham, Mamatoto
- Gaskin, Spiritual Midwifery



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I, _____, confirm that I have read the items checked above as required by the Dar a Luz Leadership Committee as part of my Leader certification process.

Signed: _____

Date: _____