# Doula Support Specialist
## Reading Response Prompts

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**Required Reading List:**

Ina May's Guide to Childbirth by Ina May Gaskin          Husband Coached Childbirth by Dr. Robert Bradley
Natural Hospital Birth by Cynthia Gabriel                     Breastfeeding Made Simple by Nancy Mohrbacher
Real Food for Pregnancy by Lily Nichols                       Practical Guide to Postpartum Self-Care by Ava Wells

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## Please answer the following with as much direct detail as possible on a separate sheet of paper. Include this form with your responses.

1. What similarities did you find between Dr. Bradley and Ina May's teachings? Were there any conflicting ideas?

2. In reference to <u>Natural Hospital Birth</u>:
   - What stood out to you in this book as surprising?
   - Of all the information given in this book, what was the most inspirational to you personally?
   - What are your thoughts on non-reassuring fetal heart tones?

3. In reference to <u>Breastfeeding Made Simple</u>:
   - What are the 7 laws of breastfeeding? What are your thoughts about these?
   - Outline the basic posture of a breastfeeding mother and baby. Include the main points of contact, explanation of the comfort zone and how to spot a good latch as well as how to identify and adjust a less than ideal latch.
   - What would you say to a woman who says, "I can't do this. It's too hard."?

4. In reference to <u>Real Food for Pregnancy</u>:
   - As pregnancy progresses, the body's demand for _____ increases.
   - How would you help a pregnant mother with poor eating habits?

5. In reference to <u>The Practical Guide to Postpartum Self-Care</u>:
   - When it comes to self-care, _____ mothers _____ babies.
   - If you could only give a postpartum mother one piece of advice, what would it be and why?
   - Why is it important for postpartum self-care to be "practical"?

6. Who are all of these books written for? Why do you think they are required reading for Doulas?

***Attestation:***
***I have read all required literature in full.  The responses are authentically my own.***

**Applicant Name (print)** _____          **Date** _____

**Applicant Signature**     _____