

DTI CHILDBIRTH EDUCATOR READING LIST

--read all--

This Isn't What I Expected: Overcoming Postpartum Depression, 2nd edition
Karen Kleinman and Valerie Davis Raskin, MD

Transmasculine individuals' experiences with lactation, chestfeeding, and gender identity: a qualitative study
open peer review online report

Nurture: A Modern Guide to Pregnancy, Birth, Early Motherhood—and Trusting Yourself and Your Body
Erica Chidi Cohen

Untold Stories: Life, Love, and Reproduction
Kate Cockrill

The Exceptional Presenter: A Proven Strategy to Open Up and Own the Room
Timothy Koegel

Draw to Win: A Crash Course on How to Lead, Sell and Innovate with Your Visual Mind
Dan Roam

--choose one of the following--

Active Birth – Revised Edition: The New Approach to Giving Birth Naturally
Janet Balaskas

Provides an overview and approach to physiological childbirth. This book is not meant to be upheld as the only or “correct” point-of-view from which DTI-trained educators would teach. If you enjoy learning about natural birth and yoga-based positions and breathing geared towards expectant parents, this book is for you. If you feel you may be triggered by natural childbirth information, this book is not for you.

Preparing for a Gentle Birth: The Pelvis in Pregnancy
Blandine Calais-Germain, Núria Vives Parés

Provides more clinical but still accessible information about the functions of the pelvis. The authors write from a neutral point-of-view. If you prefer learning specifics about anatomy and want to read something geared towards the educator, this book is for you. If you don't like lots of technical terms or detailed information, this book is not for you.

Suggested reading: Births in the United States, 2018 (CDC PDF)