



## PALS REQUIRED EXPERIENCES RESOURCE LIST

From the list below, please select ONE activity from EACH category. You may *read or listen* to one of the recommended books, OR *attend* a workshop relevant to the subject, OR *watch* one of the videos listed below. Once you've made your selections, please complete the checklist.

### ADVANCED BIRTH SKILLS (CHOOSE ONE FROM THIS CATEGORY):

Read/Listen:

- The Essential Homebirth Guide*, by Jane Drichta, Jodilyn Owen
- When Survivors Give Birth*, by Penny Simkin
- Labor Progress Handbook*, by Penny Simkin
- Having Your Baby: For the Special Needs of Black Mothers*, by Hilda Hutcherson
- Mocha Manual to a Fabulous Pregnancy*, by Kimberly Seals-Allers
- Homebirth in the Hospital*, by Dr. Stacey Marie Kerr
- An Easier Childbirth*, by Gayle Peterson
- A Silent Sorrow: Pregnancy Loss*, by Ingrid Kohn

Attend:

- Supporting Families in Grief workshop (The Simkin Center at Bastyr)
- Birth Story Listening course [http://birthingfromwithin.com/bsl\\_course\\_info](http://birthingfromwithin.com/bsl_course_info)
- Advanced Doula Trainings (Pre/Perinatal Massage, Rebozo, Acupressure, TENS, When Survivors Give Birth workshop, VBAC, Supporting Families in Grief, etc.)
- Childbirth Education series (Birthing From Within, Lamaze, Hypnobirthing, etc.)
- Karen Strange's Neo-Natal Workshop, <http://www.karenstrange.com>

Watch:

- "Everyday Miracles" <http://www.youtube.com/watch?v=mZDeozklQw8>
- Penny Simkin's Comfort Measures for Childbirth* DVD, available at [www.PennySimkin.com](http://www.PennySimkin.com)

### BREASTFEEDING/NEWBORN CARE (CHOOSE ONE FROM THIS CATEGORY):

Read/Listen:

- What's Going on in There*, by Dr. Lise Eliot
- The Better Way to Breastfeed*, by Robin Ellise
- Pregnancy, Childbirth, and The Newborn*, by Penny Simkin
- Touchpoints*, by T. Berry Brazelton
- After the Baby's Birth*, by Robin Lim
- Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers*, by Mohracher and Kendall-Tackett
- Ina May's Guide to Breastfeeding*, by Ina May Gaskin



## PALS REQUIRED EXPERIENCES RESOURCE LIST CONT.

### Attend:

“Bringing Baby Home” workshop, offered at several local locations  
<https://www.gottman.com/couples/parenting/new-parents-workshop/>  
Workshop to increase breastfeeding **or** newborn knowledge; various options available through Big Belly Services, Beyond Birth Seattle, Great Starts, BabySafe, and online.

### Watch:

“Baby Baby Oh Baby” DVD  
“Amazing Talents of the Newborn” DVD by Penny Simkin  
Dr. Jack Newman’s breastfeeding-related videos online at [www.breastfeedinginc.ca](http://www.breastfeedinginc.ca)

## COMMUNICATION (CHOOSE ONE FROM THIS CATEGORY):

### Read/Listen:

*Nonviolent Communication*, by Marshall Rosenberg  
*Inner Work*, by Robert Johnson  
*The Four Agreements*, by Don Miguel Ruiz  
*Messages: The Communications Skills Book*, by Mathew McKay

### Attend:

Nonviolent Communication workshop through [www.nwcompass.org/trainings/](http://www.nwcompass.org/trainings/)  
Advanced Doula Training, such as “Politics, Boundaries and Changes,” Sheri Deveney

### Watch:

“Nonviolent Communication” <http://www.youtube.com/watch?v=UEqmZ2E1o64>

## CULTURAL STUDIES (CHOOSE ONE FROM THIS CATEGORY):

### Read/Listen:

*Health Disparities in the United States*, by Donald A. Barr  
*Cultural Competencies for Health Care Administration & Public Health*, by Patti Rose  
*People’s History of The United States: 1492 to Present*, by Howard Zinn  
*The World’s Religions*, by Huston Smith  
*The Spirit Catches You and You Fall Down*, by Anne Fadiman  
*A Different Mirror: A History of Multicultural America*, By Ronald Takaki  
*Red Medicine: Traditional Indigenous Rites of Birthing and Healing (First Peoples: New Directions in Indigenous Studies)*, by Patrisia Gonzales  
*Narrative Medicine: The Use of History and Story in the Healing Process*, by Lewis Mehl-Madrona



## PALS REQUIRED EXPERIENCES RESOURCE LIST CONT.

### Attend:

Open Arms Perinatal Services Doula Training  
Cultures Connecting workshops <http://www.culturesconnecting.com>

### Watch:

“Cultural Diversity for Healthcare Providers”  
<http://www.youtube.com/watch?v=ISMAdYOs2Q>  
“Worlds Apart: A Series on Cross-Cultural Health Care,” The Commonwealth Fund  
multi-part series available at [https://www.youtube.com/watch?v=K5d\\_iPaUrWw](https://www.youtube.com/watch?v=K5d_iPaUrWw)

## **GENDER/SEXUALITY (CHOOSE ONE FROM THIS CATEGORY):**

### Read/Listen:

*Gender and Sexuality for Beginners*, by Jaimee Garbacik  
*Meet Polkadot*, by Talcott Broadhead  
*The New Essential Guide to Lesbian Conception, Pregnancy, and Birth*, by Stephanie Brill  
*The Queer Parent’s Primer: A Lesbian and Gay Family’s Guide to Navigating Through a Straight World*, by Stephanie Brill  
*The Lesbian Parenting Book: A Guide to Creating Families and Raising Children*, by D. Merilee Clunis and G. Dorsey Green  
*Misconceptions: Truth, Lies, and the Unexpected on the Journey to Motherhood*, by Naomi Wolf  
*The Sociology of Gender: An Introduction to Theory and Research*, by Amy S. Wharton

### Attend:

Workshop on gender or sexuality studies, local options include:  
LGBTQ Birth & Family Professionals workshops <http://www.lgbtqbirthandfamily.org>  
Dept. of Gender, Women & Sexuality Studies <https://gwss.washington.edu/calendar>  
Women of Wisdom workshops and conference <http://www.womenofwisdom.org>  
Providing Culturally Sensitive Care for LGBTQ Families  
<http://maiamidwifery.com/professional-training/>

### Watch:

“Middle Sexes Redefining He and She”  
<http://www.ovguide.com/middle-sexes-redefining-he-and-she-9202a8c04000641f800000009635708>  
“Ted Talk: Understanding the Complexities of Gender”  
<http://www.itpronouncedmetrosexual.com/2013/05/my-ted-talk-understanding-the-complexities-of-gender/>



## PALS REQUIRED EXPERIENCES RESOURCE LIST CONT.

### PROFESSIONAL DEVELOPMENT (CHOOSE ONE FROM THIS CATEGORY):

#### Read/Listen:

*Radical Doula Guide*, by Miriam Zoila Perez  
*Bearing Witness*, by Dr. Lisa Doran & Lisa Caron  
*Doula Business Guide*, by Patty Brennan  
*Trauma Stewardship*, by Lipsky and Burk  
*Keep the Fires Burning*, by Micky Jones

#### Attend:

Open Arms Perinatal Services Orientation/Training  
Big Belly Services Advanced Doula Trainings at Breitenbush

#### Watch:

“The Other Side of the Glass” [http://www.youtube.com/watch?v=rIx\\_rbquVgM](http://www.youtube.com/watch?v=rIx_rbquVgM)  
“A Doula Story, on the Frontlines of Teen Pregnancy”  
[http://www.dailymotion.com/video/x126tnh\\_a-doula-story-a-doula-story\\_shortfilms](http://www.dailymotion.com/video/x126tnh_a-doula-story-a-doula-story_shortfilms)

### RACE/POWER/PRIVILEGE (CHOOSE ONE FROM THIS CATEGORY):

#### Read/Listen:

*Killing the Black Body*, by Dorothy Roberts  
*Microaggressions in Everyday Life: Race, Gender, and Sexual Orientation*, by Derald Wing Sue  
*Women, Race, and Class*, by Angela Y. Davis  
*White Women, Race Matters: The Social Construction of Whiteness*, by Ruth Frankenberg  
*Racism: A Very Short Introduction*, by Ali Rattansi  
*Reproducing Race: An Ethnography of Pregnancy as a Site of Racialization*, by Khiara Bridges  
*Readings for Diversity and Social Justice*, by Adams, Blumenfeld, Castaneda, et al  
*Surviving in the Hour of Darkness: A Comprehensive Look at the Wellness of Black Women*,

#### Attend:

White Privilege Conference, annual event that rotates locations within the U.S.  
CARW workshop <http://www.carw.org/organizing-institute/>  
Undoing Institutional Racism (UIR) workshop, locally through  
<http://pinwseattle.org/what-we-do.php#>



## PALS REQUIRED EXPERIENCES RESOURCE LIST CONT.

### Watch:

“White Like Me” <http://www.youtube.com/watch?v=oV-EDWzJuzk>

“A Gardner’s Tale” <http://www.vimeo.com/11939747>

“Race: The Power of An Illusion,” PBS <http://newsreel.org/video/RACE-THE-POWER-OF-AN-ILLUSION>

“Unnatural Causes: Is Inequity Making Us Sick – When the Bough Breaks”

[http://www.pbs.org/unnaturalcauses/hour\\_02.htm](http://www.pbs.org/unnaturalcauses/hour_02.htm)

[http://www.pbs.org/unnaturalcauses/video\\_player.htm?wbb](http://www.pbs.org/unnaturalcauses/video_player.htm?wbb)

“TED Talk Mellody Hobson: Color Blind, or Color Brave:”

[https://www.ted.com/talks/mellody\\_hobson\\_color\\_blind\\_or\\_color\\_brave?language=en](https://www.ted.com/talks/mellody_hobson_color_blind_or_color_brave?language=en)

### ADDITIONAL READING AND RESOURCES PALS THINKS YOU MAY ENJOY, BUT ARE NOT REQUIRED

*Birth as an American Rite of Passage*, by Robbie Davis-Floyd

*Deconstructing Privilege: Teaching and Learning as Allies in the Classroom*, by Kim Case

*Birth Matters: A Midwife’s Manifesta*, by Ina May Gaskin

*Race, Class, and Gender in the United States: An Integrated Study*, by Paula S Rothenberg

*White Awareness: Handbook for Anti-Racism Training*, by Judith H. Katz

*Uprooting Racism: How White People Can Work for Racial Justice*, by Paul Kivel

*Making and Unmaking of Whiteness*, by Birgit Brander Rasmussen, et al.

*Promise and A Way of Life: White Antiracist Activism*, by Becky Thompson

*Black Feminist Thought: Knowledge, Consciousness, and the Politics of Empowerment*, Patricia Collins

*Racial Formation in the United States*, by Michael Omi and Howard Winant

*A Different Mirror: A History of Multicultural America*, by Ronald Takaki

*Gay Dads: A Celebration of Fatherhood*, by David Strah and Susanna Margolis

*Queer Theory, Gender Theory*, by Riki Wilchins

*Gender Born, Bender Made*, by Diane Ehrensaft

“Downplaying Differences: Historic Accounts of African American Midwives and Contemporary Struggles for Midwifery” <http://www.highbeam.com/doc/1g1-237296002.html>

Undoing Racism In Public Health:

<http://sph.unc.edu/files/2013/07/citymatchundoingracismreport.pdf>

“Adverse Birth Outcomes in African American Women: The Social Context of Persistent Reproductive Disadvantage” by Tyan Parker Dominguez

<http://www.tandfonline.com/doi/pdf/10.1080/10911350902986880>