



## **Reading List for Postpartum Lactation Specialist Certification**

(Choose 2 books on postpartum or newborn care and 2 titles on lactation)

We do not endorse all information in these books but have chosen options that have the most useful information for the profession.

**Beyond the Blues: Understanding and Treating Prenatal and Postpartum Depression & Anxiety** by Shoshana S. Bennett

**Living Beyond Postpartum Depression: Help and Hope for the Hurting Mom and Those Around Her** by Jerusha Clark (Christian perspective book)

**Postpartum Depression Demystified** by Joyce A. Venis

**The Fourth Trimester: Understanding, Protecting, and Nurturing and Infant Through the First Three Months** by Susan Brink

**The Fourth Trimester Companion: How to Take Care of Your Body, Mind, and Family as You Welcome Your New Baby** by Cynthia Gabriel

**Mothering the New Mother** by Sally Placksin

**The Happiest Baby on the Block** by Harvey Karp

**The No-Cry Sleep Solution** by Elizabeth Pantley

**Natural Health After Birth: The Complete Guide to Postpartum Wellness** by Aviva Romm  
**Heal Pelvic Pain** by Amy Stein

**Mothering Multiples: Breastfeeding and Caring for Twins or More!** By Karen Kerkhoff  
Gromada

**Breastfeeding Made Simple: Seven Natural Laws for Breastfeeding Mothers** by Nancy Mohrbacher, Kathleen Kendall-Tackett

**Dr. Jack Newman's Guide to Breastfeeding** by Dr. Jack Newman (If you read this for Birth Doula program, you must choose a different title.)

**Breastfeeding Naturally** by Hannah Lothrop

**The Breastfeeding Book of Answers** by Nancy Mohrbacher

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

**The Nursing Mother's Companion** by Kathleen Huggins