



BACE Childbirth Educator Training Program

Pre-requisites to be completed by all trainees before the start of the course

1. Required Reading:

- *Pregnancy, Childbirth and the Newborn*, by Penny Simkin, et al.
- *Ina May's Guide to Childbirth* by Ina May Gaskin
- *The Thinking Woman's Guide to a Better Birth*, by Henci Goer & Rhonda Wheeler
or
Optimal Care in Childbirth: the Case for a Physiological Approach by Henci Goer and Amy Romano
- *Gentle Birth Gentle Mothering* by Sarah Buckley
- And one of the following books on Breastfeeding
 - *Nursing Mothers Companion* by Kathleen Huggins
 - *Breastfeeding Made Simple*, by N. Mohrbacher & K. Kendall-Tackett
 - *Jack Newmans Guide to Breastfeeding* By J. Newman & T. Pitman

2. Review and become familiar with the following websites, which are excellent resources:

- Lamaze: both professional and parent sites. Pay particular attention to Healthy Birth Practices Tools at www.lamazeinternational.org/HealthyBirthPracticesTools
- Childbirth Connection (browse through all sections)
- March of Dimes (browse through all sections)
- Spinning Babies: www.spinningbabies.com

3. Observe a 12 hour prepared or natural childbirth education class that includes medications, interventions, cesarean birth, and comfort measures, etc.
Or attend the BACE Childbirth Education Workshop for Perinatal Health Workers.