

2021 Requirements for the Childbirth and Postpartum Professionals Association (CAPPa)

Certified Childbirth Educator Distinction

Congratulations on your desire to continue your lactation education and achieve the distinction of Certified Childbirth Educator (CCCE). This highly sought-after credential has allowed individuals to secure positions in hospitals, WIC clinics, Public Health Agencies and in private practice. One of the advantages of earning a certification is the standardized steps that validate the credential. Although the live intensive workshop offers much training, information and opportunity for professional growth; there are additional steps required to certify. Candidates must complete reading assignments, observations and rigorous study. Each step is important for receiving a well-rounded education and preparing individuals to fulfill a position as a Certified Childbirth Educator.

CCCE candidates have up to two years from the last day of their workshop to complete the Steps to Certification. The course has two options for certification, Traditional and Accelerated. In order to be considered for the accelerated course, candidates must meet the following criterion:

Currently licensed RN or CPM or Chiropractor with at least 1 year lactation experience; a certified labor doula with CAPPa or DONA; or an experienced childbirth educator able to document at least 36 hours of teaching. CAPPa members may apply for the Accelerated Course by sending proof of qualifications to info@cappa.net.

Steps to Certification	Traditional Course	Accelerated Course
Attend a CCCE Training with CAPPa Faculty	2 years to certify	1 year to certify
Become a member of CAPPa (the certifying agency)	X	X
Read the CCCE Training Manual	X	X
Read seven (7) books from the required reading recommendations (list provided by CAPPa)	X	X
Enroll in CAPPa Academy (an on-line program that explains each step, offers links to valuable resources and allows students to download forms and assignments)	X Select traditional course	X Select accelerated course
Pass the Scope of Practice Pretest with a score of 100%	X	X
Submit a video or audio of yourself teaching and the outline/curriculum	(1) 30 minute or (2) 15 minute	(1) 30 minute or (2) 15 minute
Create a local resource list for parents	X	X
Read and watch <i>Understanding Birth</i> video/booklet and complete assignment (Must be purchased from CAPPa)	X	X
Read and watch <i>Understanding Breastfeeding</i> video/booklet and complete assignment (Must be purchased from CAPPa)	X	
Read and watch the video clips from the <i>Mother & New Baby Care Booklet</i> . (Must be downloaded from CAPPa Academy).	X	
Observe 2 labors/births totaling at least 10 hours and complete CAPPa forms	X	
Agree to and sign the forms: Code of Conduct and Social Media Policy, Grievance Policy, Mission Statement, CAPPa Approach/Philosophy Statement, Vision Statement and Scope of Practice	X	X
Pass the multiple choice exam and essay questions with a score of 85% or higher and pass the essay exam	X	X

2021 Childbirth Educator Reading Requirements for Certification

Students must read **seven (7) books from the categories below** in addition to the CAPPa Childbirth Educator Manual, The Understanding Birth Booklet, The Understanding Breastfeeding Booklet, and The Understanding Mother & Baby Care Booklet.

General Reading:

- CAPPa Childbirth Educator Manual (provided at training for Traditional students; mailed to Online/Distance students)
- [Childbirth Educator Bundle](#) (Birth, Breastfeeding, and Mother & Baby Care)

One (1) selection from this list on Public Speaking:

- *Present Like a Pro* (Maxey & O'Conner)
- *The Exceptional Presenter* (Koegel)
- *Presenting to Win* (Weissman)
- *Speak Up!: A Woman's Guide to Presenting Like a Pro* (Maxey & O'Conner)

One (1) selection from this list on Adult Learning Principles:

- *How Learning Works: Seven Research-Based Principles for Smart Teaching* (Ambrose, Bridges, DiPietro, Lovett, Norman and Mayer)
- *Planning Programs for Adult Learners* (Caffarella & Draffon)
- *Learning in Adulthood* (Merriam, Caffarella, Baumgartner)
- *Understanding and Promoting Transformative Learning* (Cranton)
- *Enhancing Adult Motivation to Learn* (Wlodkowski)

One (1) selection from this list on Breastfeeding:

- *Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers* (Nancy Mohrbacher & Kathleen Kendall-Tackett)
- *The Ultimate Breastfeeding Book of Answers* (Dr. Jack Newman & Teresa Pitman)
- *The Nursing Mother's Companion* (Kathleen Huggins)
- *The Womanly Art of Breastfeeding* (La Leche League International)

One (1) selection from this list on Pregnancy, Labor & Birth:

- *The Complete Book of Pregnancy & Childbirth* (Sheila Kitzinger)
- *Our Bodies, Ourselves: Pregnancy and Birth* (The Boston Women's Health Book Collective)
- [The Greatest Pregnancy Ever](#) (Tracy Peters and Laurel Wilson)
- *The Attachment Pregnancy* (Tracy Peters and Laurel Wilson)
- *Pregnancy, Childbirth, and the Newborn* (Penny Simkin, R.N. Janet Whalley, R.N. Ann Keppler, Janelle Durham)

Three (3) selections from this list of Other Recommended Titles:

- *How to Avoid Death by PowerPoint* (David Phillips)
- *Ina May's Guide to Childbirth* (Ina May Gaskin)
- *Birth as an American Rite of Passage* (Robbie Davis-Floyd)
- *Birth* (Tina Cassidy)
- *Gentle Birth Choices* (Barbara Harper)
- *Gentle Birth, Gentle Mothering* (Dr. Sarah Buckley)
- *The Birth Book* (Sears & Sears)
- *The Nurturing Touch at Birth* (Paulina Perez)
- *When Hello Means Goodbye* (Kirk & Schwiebert)
- *A Good Birth, A Safe Birth* (Diana Korte & Roberta Scaer)
- *The VBAC Companion* (Diana Korte)
- *Nutrition for a Healthy Pregnancy* (Elizabeth Somer)
- *Becoming Us: 8 Steps to Grow a Family That Thrives* (Elly Taylor)
- [Round the Circle: Doulas Share Their Experiences](#) (Julie Brill)