



EDUCATION

• Swarthmore College	Bachelor of Arts Degree in English Literature	1959
• University of Pennsylvania	Certificate in Physical Therapy	1961
• Childbirth Education Association of Seattle	Teacher Training Certification Program	1968

PRESENT POSITIONS

• Registered Physical Therapist	Washington State License #252-08-0000803	1968-present
• Childbirth Education Association of Seattle	Childbirth educator	1968-present
• Doula (Labor Support Provider)		1970-present
• <i>Birth: Issues in Perinatal Care</i> (formerly <i>Birth and the Family Journal</i>)	Editorial Board	1974-present
• Seattle Midwifery School	Faculty	1980-present
• Childbirth Education Association of Seattle	Teacher training faculty member	1980-present
• Counselor on matters pertaining to childbearing		1983-present
• Seattle Midwifery School	Board of Consultants	1984-present
• Independent home childbirth educator		1986-present
• International Childbirth Education Association	Board of Consultants	1986-present
• Seattle Midwifery School	Coordinator and faculty member: Doula (Labor Support) Training Courses	1988-present
• Association for Childbirth Education	Board of Consultants	1992-present
• Childbirth Education Association of Seattle	Board of Consultants	1992-present
• Academy of Certified Birth Educators	Advisory Board	1996-present
• Community Birth and Family Center	Board of Directors	1996-present
• Pacific Foundation for Childbirth Support	Board of Directors	2001-present

PAST POSITIONS

• Childbirth Education Association of Seattle	President	1969-1970
• Childbirth Education Association of Seattle	Board of Directors	1970-1975
• <i>Childbirth Instructor Magazine</i>	Editorial Board	1992-2000
• Doulas of North America	Founding Director,	1992-2001
• International Childbirth Education Association	Board of Directors	1972-1978
• International Childbirth Education Association	Vice President	1976-1978
• <i>ICEA Review: Focusing on Today's Issues in Perinatal Care</i> (quarterly publication)	Founding Editor	1976-1978
• National Association of Parents and Professionals for Safe Alternatives in Childbirth	Board of Directors	1978-1980
• <i>Midwifery Today</i>	Editorial Board	1991-1998
• Pacific Association for Labor Support	Founding Director and Board of Directors	1989-1999
• Pennypress, Inc. (publishers)	President, treasurer and editor	1978-1993
• The Birthplace	Childbirth educator	1979-1982
• Regional Association of Childbirth Educators of Puget Sound	Board of Directors	1979-1985
• National Association of Parents and Professionals for Safe Alternatives in Childbirth	Board of Consultants	1980-1984
• Seattle Midwifery School	Board of Directors	1981-1984
• Group Health Cooperative of Puget Sound (Eastside Midwifery Service)	Childbirth educator	1981-1985
• Midwives' Association of Washington State	Steering Committee	1983
• Midwives' Association of Washington State	Secretary, Board of Directors member	1983-1989
• Northwest Hospital Family Birthing Center	Childbirth educator	1985-1986

PUBLICATIONS**BOOKS**

- *Talking About Childbirth* Self-published (author) 1975
- *Self, Family, Society, Toward Freedom and Growth in Parenthood* ICEA (Convention Proceedings co-editor) 1976
- *Kaleidoscope of Childbearing: Preparation, Birth and Nurturing* Pennypress (Convention Proceedings co-editor) 1978
- *NAPSAC Directory of Alternative Birth Services and Consumer Guide* NAPSAC (editor and co-author) 1978, 1980, 1982
- *Becoming Parents* CEAS (co-author) 1979
- *Non-Violence in Childbirth and Medical Outcome* Pennypress (Convention Proceedings co-editor) 1980
- *Birth—Through Children's Eyes* Pennypress (co-editor) 1981, 1984
- *NAPSAC Consumer Guide to Alternative Birth Services* NAPSAC (co-author) 1982
- *Episiotomy and the Second Stage of Labor*, 1st and 2nd Editions Pennypress (co-editor) 1984, 1986
- *The Birth Partner: Everything You Need to Know to Help a Woman Through Childbirth 2nd Edition (translated into Spanish & Czech)* Harvard Common Press (author) 1989, 2001
- *Cami Has a Baby* (a comic book for teens) Pennypress (author) 1990
- *Pregnancy, Childbirth and the Newborn: The Complete Guide 4th Edition (translated into Spanish & French)* Meadowbrook Press (co-author) 1984, 1991, 2001
- *Simkin's Ratings of Comfort Measures for Childbirth* Childbirth Graphics 1997
- *Labor Progress Handbook: Early Interventions to Prevent and Treat Dystocia (translated into German)* Blackwell Scientific (co-author) 2000
- *When Survivors Give Birth* Classic Day Publishing (co-author) 2004

PENNYPRESS PAMPHLETS

- "When Your Baby Has Jaundice" Co-author 1979
- "Planning Your Baby's Birth" Co-author 1980
- "The Labor Support Guide: For Fathers, Family and Friends" Co-author 1984
- "Vaginal Birth After Cesarean" Co-author 1987
- "Turning a Breech Baby" Author 1987
- "Cesarean Birth—A Special Delivery" Co-author 1989
- "Gestational Diabetes" Co-author 1989
- "Obstetric Tests and Technology: Consumer's Guide" Co-author 1980, 1984, 1992

ARTICLES AND BOOK CHAPTERS

- "Index and Abstracts" (author of regular column for issues 1(3) to 12(2); index compiler only for issues 12(3) to 25(1)) *Birth: Issues in Perinatal Care* 1974-1998
- "Alcohol in Pregnancy" (editor) *ICEA Review*, inaugural issue Winter 1977
- "Parent-Infant Attachment" (editor) *ICEA Review* 1(1) Spring 1977
- "Induction of Labor with Oxytocin: Effects on the Fetus" (editor) *ICEA Review* 1(2) Summer 1977
- "Hypertension in Pregnancy" (editor) *ICEA Review* 1(3) Fall 1977
- "Birth Control Without Hazard" (editor) *ICEA Review* 2(1) Winter 1978
- "Update on Breastfeeding" (editor) *ICEA Review* 2(2) Spring 1978
- "Physiologic Jaundice of the Newborn" (co-author) *Birth and the Family Journal* 6(1) 1979
- "Stress and Catecholamine Levels: Can Non-Violent Birth Influence Outcome?" *Non-Violence in Childbirth and Medical Outcome*, ed. P. Simkin, Pennypress 1980
- "The Childbirth Educator: Certified to Represent the Hospital or the Parents?" *Birth and the Family Journal* 8(3) 1981
- "Preparing Parents for Second Stage" *Birth: Issues in Perinatal Care and Education* 9(4) 1982
- "Amniotomy" *Obstetrical Technology of the 80's*, ed. D. Young, Hayworth Press 1983
- "The Birth Plan: Vehicle for Trust and Communication" *Birth: Issues in Perinatal Care and Education* 10(4) 1983

ARTICLES AND BOOK CHAPTERS CONTINUED

- “Effective Childbirth Education: Are Small Classes the Only Way?” *Birth: Issues in Perinatal Care and Education* 11(3) 1984
- “Employing Physiologic Principles to Manage Labor and Prevent Complications” Pennypress and Adel Medical, Ltd. 1984
- “Active and Physiologic Management of Second Stage: A Review and Hypothesis” *Episiotomy and the Second Stage of Labor*, eds. S. Kitzinger and P. Simkin, Pennypress 1984
- “The Significance of Birth to a Woman” *ICEA 25th Anniversary Book*, ed. J. Hawley, ICEA 1985
- “The Normal First and Second Stage of Labors” NAACOG Update Series on Childbirth Education 1986
- “Stress, Pain and Catecholamines in Labor: Part I, A Review of the Literature” *Birth: Issues in Perinatal Care and Education* 13(4) 1986
- “Stress, Pain and Catecholamines in Labor: Part II, Stress Associated with Childbirth Events: A Pilot Survey of New Mothers” *Birth: Issues in Perinatal Care and Education* 13(4) 1986
- “Is Anyone Listening? The Lack of Clinical Impact of Randomized Controlled Trials of Electronic Fetal Monitoring” (editorial) *Birth: Issues in Perinatal Care and Education* 13(4) 1986
- “Teaching About Pain Medications in Childbirth Education Classes” *Childbirth Graphics* 1987
- “Alternatives in Maternity Care” *The New Complete Baby Book* eds. Consumer Guide Magazine Editorial Staff 1987
- “The Birth Process” *The New Complete Baby Book* eds. Consumer Guide Magazine Editorial Staff 1987
- “Siblings at Birth” *Mothering Magazine* Fall 1987
- “Maternal Positioning to Prevent or Alleviate Dystocia in Labor” (co-author) *Clinical Obstetrics and Gynecology*, 30(1) March 1987
- “Comfort Measures for Labor and How They Work, According to the Gate Control Theory” *International Journal of Childbirth Education* 2(2) May 1987
- “Electronic Fetal Monitoring: Back to the Drawing Board?” (editorial) *Birth: Issues in Prenatal Care and Education* 14(1) Winter 1987
- “Prenatal Care—Time for Bold New Approaches” (editorial) *NW Bulletin: Family and Child Health* Summer 1987
- “Class Reunions” *Childbirth Graphics Catalogue* 1988
- “Role Play of Labor: A Unique and Valuable Childbirth Education Technique” *International Journal of Childbirth Education* 3(2) May 1988
- “Intermittent Brachial Plexus Neuropathy Secondary to Breast Engorgement” *Birth: Issues in Prenatal Care and Education* 15(2) June 1988
- “Midwifery Comes to Canada” (editorial) *Birth: Issues in Prenatal Care and Education* 15(2) June 1988
- “Antenatal Classes” (co-author) *Effective Care in Pregnancy and Childbirth*, Oxford University Press 1989
- “Non-Pharmacological Methods of Pain Relief in Labor” *Effective Care in Pregnancy and Childbirth*, Oxford University Press 1989
- “Non-pharmacological Relief of Pain During Labor: Systematic Reviews of Five Methods” *American Journal of Obstetrics and Gynecology* May 2002
- “Childbearing in Social Context” *Women and Health* 15(3) 1989
- “Teaching About Interventions in Labor” *International Journal of Childbirth Education* 4(2) May 1989
- “Just Another Day In a Woman's Life? Results of a Study of the Long-Term Effects of the Birth Experience on Women” *Proceedings of the Ninth Birth Conference, "Innovations in Perinatal Care: Assessing Benefits and Risks,"* San Francisco November 1990
- “Carbohydrate Loading in Preparation for Childbirth” *Medical Hypotheses* (34) 1991
- “Weighing the Pros and Cons of the Epidural” *Childbirth Forum* Fall 1991
- “Just Another Day in a Woman's Life? Part I: Women's Long-Term Perceptions of their First Birth Experiences” *Birth: Issues in Perinatal Care* 18(4) December 1991
- “The Labor Support Person: Latest Addition to the Maternity Care Team” (editor) *ICEA Review* 16(1) February 1992
- “Just Another Day in a Woman's Life? Part II: Nature and Consistency of Long-Term Memories of Women's First Birth Experiences” *Birth: Issues in Perinatal Care* 19(2) March 1992

ARTICLES AND BOOK CHAPTERS CONTINUED

- Foreword to *One Mother to Another: Canadian Women Talk About Pregnancy and Childbirth* W.W. Hunsburger, author, Fifth House Publishers 1992
- Foreword to *Easing Labor Pain: The Complete Guide to a More Comfortable and Rewarding Birth, Revised* A.B. Lieberman, author, Harvard Common Press 1992
- “What’s New About Having A Baby?” *Genesis: Promoting Excellence in Childbirth Education* July 1992
- “Overcoming the Legacy of Childhood Sexual Abuse: The Role of Caregivers...” *Birth: Issues in Perinatal Care* 19(4) December 1992
- “When Should a Child Attend a Sibling’s Birth?” *MIDIRS Midwifery Digest* 4(3) September 1994
- “The Epidural Epidemic” *Birth Gazette* 10(4) Fall 1994
- “Memories That Really Matter: Effect of Childhood Sexual Trauma on the Childbearing Woman” *Childbirth Instructor Magazine* 6(3) Winter 1994
- “Psychologic and Non-Pharmacologic Techniques for Labor Pain” *Principles and Practice of Obstetric Analgesia and Anesthesia, 2nd ed.* eds. Bonica, McDonald, Williams & Wilkins (Baltimore) 1995
- “What You Should Know About Active Management of Labor” *Childbirth Instructor Magazine* 5(1) and 7(4) 1995 and 1997
- “Reducing Pain and Enhancing Progress in Labor: A Guide to Non-Pharmacologic Methods for Maternity Caregivers” *Birth: Issues in Perinatal Care and Education* 22(3) 1995
- “Supportive Care in Labor” *Journal of Obstetric, Gynecologic, and Neonatal Nursing* in press
- “The Experience of Birth Profoundly Affects Women and Their Families” *The Journal of Perinatal Education* 5(1) 1996
- “The Experience of Maternity in a Woman’s Life” *Journal of Obstetric, Gynecologic, and Neonatal Nursing* 25(3) 1996
- “The Doula and the Epidural” *childbirth instructor magazine* 6(1) First Quarter 1996
- “Childbirth Education and Care for the Childhood Sexual Abuse Survivor” *International Journal of Childbirth Education* 11(3) September 1996
- “Childbirth Education in the Third Millennium: Are We Ready?” *Childbirth Instructor Magazine* 7(3) 1997
- “The Birth Ball” *International Journal of Childbirth Educators* 14(4) Fall 1999
- “Epidurals” *Mothering Magazine* 2000
- “Emotional Support and Physical Comfort in Labor” (co-author with Eileen Frederick) *Chapter 18 in Childbirth Education: Research Theory and Practice.* Nichols F. & Humenick S. Saunders (Philadelphia) 2000
- “The Birth Ball” *Childbirth Instructor Magazine* 10(1):25-27 2000
- “The Meaning of Labor Pain” *Birth* 27(4) 2000
- “Nulliparas’ expectations of nurses activities in labor (w Ann Tumblin) *Birth: Issues in Perinatal Care* 28(1) 2001
- “The Nature and Management of Labor Pain: Executive Summary” (co author) *American Journal of Obstetrics and Gynecology* 186(5): S1-15 2002
- “Nonpharmacologic relief of pain during labor: Systematic reviews of five methods” (co author) *American Journal of Obstetrics and Gynecology* 186(5): S131-59 2002
- “Supportive Care During Labor: A Guide for Busy Nurses” *Journal of Obstetric, Gynecologic, and Neonatal Nursing* 31(6): 721-732 2002
- “Maternal Positions and Pelves Revisited” *Birth: Issues in Perinatal Care* 30(2): 130-132 2003
- “Emotional Support for the Woman with an Epidural” *International Journal of Childbirth Education* 18(3):4-7 2003
- “Commentary on Freedom of Movement throughout Labor “ *The Journal of Perinatal Education* 13(2): 11-15 2004

OTHER PUBLISHED MATERIAL

- Letters to the Editor in *Birth and the Family Journal*
- Book and film reviews in *Birth: Issues in Perinatal Care and Education*
- Book reviews in *ICEA Bookmarks and Imprints*

• Film reviews	in <i>Women and Health</i>	
• “Ode to Murray Enkin”	in <i>The Canadian Childbirth Educator</i> 4(2)	April 1990
• “PS from Pennypress”	biannual editorial newsletter from <i>Pennypress</i>	1986-1993
• “Key Questions About Your Care”	wallet-sized card from <i>Pennypress</i>	1991
• “Simkin’s Ratings of Comfort Measures for Childbirth”	poster and booklet from <i>Childbirth Graphics</i>	1997
• “Pain Medications Used in Labor and Birth”	flashcards from <i>Childbirth Graphics</i>	1997
• “Pregnancy and Childbirth”	Encarta Encyclopedia Microsoft Reference CD	2002
• “Clarifying Your Feelings about Pain and Medications in Childbirth”	poster and pad of tear-off handouts from <i>Childbirth Graphics</i>	1997

OTHER PUBLISHED MATERIAL CONTINUED

• Penny Simkin’s Road Map of Labor (Poster and handout)	<i>Childbirth Graphics</i>	2003
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AUDIO TAPE

• “Relax for Childbirth,” with music by Margaret Wakeley Harris	Pennypress	1988
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VIDEO TAPE

• “Introducing the Doula,” with Marshall Klaus and Lyndsey Starkey	Doulas of North America	1992
• “Comfort Measures for Childbirth with Penny Simkin”	Penny Simkin, Inc.	1995
• “Five Births Attended by a Doula”	Penny Simkin, Inc.	1996
• “Relaxation, Rhythm and Ritual: The 3Rs of Childbirth”	Penny Simkin, Inc.	2003

INVENTIONS

• Squatting bar for Adel Birthing Bed	Adel Medical Equipment	1984
• Squatting bar, free standing floor model		
• Birth sling with Jake Levine	Penny Simkin, Inc	2003

SELECTED LECTURE TOPICS

- The Birth Plan: Is it a Vehicle for Communication and Trust?
- Cesareans on the Rise Again
- Childbearing in Social Context: How Our Culture and Society Shape Our View of Women and Childbearing
- Childhood Sexual Abuse and Its Impact on the Woman’s Later Childbearing
- The Doula: Newest Addition to the Maternity Care Team
- Early Childhood Influences on a Woman’s Later Childbearing
- Emotional Needs of Women in Labor and How to Meet Those Needs
- Epidurals: What Is an Epidural in the New Millenium? and Ways to Minimize the Side Effects
- Factors that Influence Post Partum Recovery
- Making the Most of Your Birth Experience (2 hour public lecture)
- Midwives and Doulas: A Natural Alliance or a Redundancy in Care?
- Non-Pharmacologic Methods of Pain Relief in Labor
- Physiologic Management of Labor: Maintaining Normalcy in Birth
- Postpartum: The Neglected Phase of Childbearing
- Reducing Cesareans for Dystocia: The Nurses Role
- Role Play of Labor: A Unique and Valuable Teaching Technique
- The Second Stage Labor: Preparation, Support and Management
- Sibling Classes
- The Seduction of Induction
- The Significance of Childbirth to a Woman, a Family, and Society—Yesterday and Today
- The Three R’s: Relaxation, Rhythm, and Ritual—An Approach to Childbirth Education

WORKSHOPS (One day and two day)

- “When Survivors Give Birth: Counseling Skills and Strategies to Assist Pregnant Survivors of Childhood Sexual Abuse in Preparing for Birth” for experienced counselors, childbirth educators, or birth professionals, including a 4-hour version and a two-part 7-hour version

- Labor Support (Doula) Workshops, including a one- or two-day preparatory course for those with little or no background in childbirth; a basic two-day doula training; and a version of the two-day training in which the first part is open to childbirth professionals who want to learn about the benefits of a doula, while the second part is only for doula trainees
- Doula Teacher Training Workshop for those who are both experienced doulas and childbirth educators
- Advanced Doula Training
- Workshops for nurses and/or childbirth educators, including teacher enrichment workshops and “Unsung Heroines: How Nurses Can Contribute to Improved Outcomes”



AWARDS AND HONORS

- First Annual Award from the Midwives' Association of Washington State for Contributions to Midwifery 1984
- Elisabeth Bing Award: ASPO/Lamaze 1996
- Corolla Warburg Rothschild Award: Contributions to Maternal Child Health/Maternity Center Association of New York 2002
- Silver Rattle Award, Birth Place at Columbia Center, Milwaukee, WI: In recognition of unequalled contribution to childbirth 2002
- Life Achievement Award, Childbirth and Post Partum Professional Association 2003
- Living Treasure *Mothering, No. 123* Mar-Apr 2004



PERSONAL INFORMATION

Married to Peter A. Simkin, MD, since 1958, mother of four grown children, and grandmother of eight.