



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 Educator and Board of Consultants | Great Starts Birth & Family Education, a program of Parent Trust for Washington Children | 1968-present |
| • Doula (Labor Support Provider) | Independent Practice | 1970-present |
| • <i>Birth: Issues in Perinatal Care</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 |
| • Simkin School for Allied Maternity Vocations (a division of Bastyr University) | Originator 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 |
| • Open Arms Perinatal Services | Board of Directors | 1995-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 (now DONA International) | 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: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions 3rd Edition (translated into Spanish & Czech)* Harvard Common Press (author) 1989, 2001, 2008
- *Cami Has a Baby* (a comic book for teens) Pennypress (author) 1990
- *Pregnancy, Childbirth and the Newborn: The Complete Guide 4th Edition (translated into 6 languages)* Meadowbrook Press (co-author) 1984, 1991, 2001, 2008, 2010
- *Simkin's Ratings of Comfort Measures for Childbirth* Childbirth Graphics 1997, 2010
- *Labor Progress Handbook: Early Interventions to Prevent and Treat Dystocia 3rd Edition (translated into German, Dutch, & Indonesian)* Blackwell Scientific (co-author) 2000, 2005, 2011
- *When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women* Classic Day Publishing (co-author) 2004
- *A Simple Guide to Having a Baby (also translated into Spanish)* Meadowbrook Press (co-author) 2005

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” | <i>Birth: Issues in Perinatal Care and Education</i> 10(3) | 1983 |
| • “Effective Childbirth Education: Are Small Classes the Only Way?” | <i>Birth: Issues in Perinatal Care and Education</i> 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” | <i>Episiotomy and the Second Stage of Labor</i> , eds. S. Kitzinger and P. Simkin, Pennypress | 1984 |
| • “The Significance of Birth to a Woman” | <i>ICEA 25th Anniversary Book</i> , 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” | <i>Birth: Issues in Perinatal Care and Education</i> 13(4) | 1986 |
| • “Stress, Pain and Catecholamines in Labor: Part II, Stress Associated with Childbirth Events: A Pilot Survey of New Mothers” | <i>Birth: Issues in Perinatal Care and Education</i> 13(4) | 1986 |
| • “Is Anyone Listening? The Lack of Clinical Impact of Randomized Controlled Trials of Electronic Fetal Monitoring” (editorial) | <i>Birth: Issues in Perinatal Care and Education</i> 13(4) | 1986 |
| • “Teaching About Pain Medications in Childbirth Education Classes” | <i>Childbirth Graphics</i> | 1987 |
| • “Alternatives in Maternity Care” | <i>The New Complete Baby Book</i> eds. Consumer Guide Magazine Editorial Staff | 1987 |
| • “The Birth Process” | <i>The New Complete Baby Book</i> eds. Consumer Guide Magazine Editorial Staff | 1987 |
| • “Siblings at Birth” | <i>Mothering Magazine</i> | Fall 1987 |
| • “Maternal Positioning to Prevent or Alleviate Dystocia in Labor” (co-author) | <i>Clinical Obstetrics and Gynecology</i> , 30(1) | March 1987 |
| • “Comfort Measures for Labor and How They Work, According to the Gate Control Theory” | <i>International Journal of Childbirth Education</i> 2(2) | May 1987 |
| • “Electronic Fetal Monitoring: Back to the Drawing Board?” (editorial) | <i>Birth: Issues in Prenatal Care and Education</i> 14(1) | Winter 1987 |
| • “Prenatal Care—Time for Bold New Approaches” (editorial) | <i>NW Bulletin: Family and Child Health</i> | Summer 1987 |
| • “Class Reunions” | <i>Childbirth Graphics Catalogue</i> | 1988 |
| • “Role Play of Labor: A Unique and Valuable Childbirth Education Technique” | <i>International Journal of Childbirth Education</i> 3(2) | May 1988 |
| • “Intermittent Brachial Plexus Neuropathy Secondary to Breast Engorgement” | <i>Birth: Issues in Prenatal Care and Education</i> 15(2) | June 1988 |
| • “Midwifery Comes to Canada” (editorial) | <i>Birth: Issues in Prenatal Care and Education</i> 15(2) | June 1988 |
| • “Antenatal Classes” (co-author) | <i>Effective Care in Pregnancy and Childbirth</i> , Ch. 20, Oxford University Press | 1989 |
| • “Non-Pharmacological Methods of Pain Relief in Labor” | <i>Effective Care in Pregnancy and Childbirth</i> , Ch. 56, Oxford University Press | 1989 |
| • “Childbearing in Social Context” | <i>Women and Health</i> 15(3):5-21 | 1989 |
| • “Teaching About Interventions in Labor” | <i>International Journal of Childbirth Education</i> 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” | <i>Proceedings of the Ninth Birth Conference, "Innovations in Perinatal Care: Assessing Benefits and Risks,"</i> San Francisco | November 1990 |
| • “Carbohydrate Loading in Preparation for Childbirth” | <i>Medical Hypotheses</i> (34) | 1991 |
| • “Weighing the Pros and Cons of the Epidural” | <i>Childbirth Forum:4-5</i> | Fall 1991 |
| • “Just Another Day in a Woman's Life? Part I: Women's Long-Term Perceptions of their First Birth Experiences” | <i>Birth: Issues in Perinatal Care</i> 18(4) | December 1991 |
| • “The Labor Support Person: Latest Addition to the Maternity Care Team” (editor) | <i>ICEA Review</i> 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
- 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):28-34 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
- “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):247-252 1996
- “The Doula and the Epidural” *Childbirth Instructor Magazine* 6(1):34-35 1996
- “Childbirth Education and Care for the Childhood Sexual Abuse Survivor” *International Journal of Childbirth Education* 11(3) September 1996
- “Childbirth Education in the Year 2000” *Childbirth Instructor Magazine* 7(3) 1997
- “The Birth Ball” *International Journal of Childbirth Educators* 14(4) Fall 1999
- “A Day You'll Never Forget” *Lamaze Parents Magazine*:12-13 1999
- “Epidural Update” *Birth Gazette* 15(4):12-16 1999
- “A Doula at Your Birth?” *Lamaze Parents Magazine*:65-66 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
- “Doulas: Nurturing and Protecting the Woman's Memory of Her Birth Experience” *IJCE* 19(4):16-19 2004

- “Why Birth Matters” *Today’s Parent Pregnancy & Birth, Winter: 16* 2004
- “Update on Non-Pharmacological Approaches to Relieve Labor Pain and Prevent Suffering” (co-author) *Journal of Midwifery and Women’s Health 49:489-504* 2004
- “Why Keep on Keeping On?” *Journal of Perinatal Education 14(2):5-7* 2005
- “Childhood Abuse as Loss” *IJCE 20(3):38-40* Sept 2005
- “Labor Support. Exploring its Role in Modern and High-tech Birthing Practices” (co-author) *AWHONN Lifelines 10(1):58-65* Feb-Mar 2006
- “What makes a Good Birth and Why Does it Matter?” *IJCE 21(3):4-6* Sept 2006
- “Why do women go along with this stuff?” (co-author) *Birth 33(3):245-50* Sept 2006
- “Comfort in Labor: How You Can Help Yourself to A Normal Satisfying Childbirth” *Childbirth Connection – Downloadable from www.childbirthconnection.org* 2007
- “Birth Plans: After 25 Years, Women Still Want to Be Heard” *Birth 34(1):49-51* March 2007
- “Supporting the Laboring Woman Without Injuring Oneself” (co-author) *IJCE 22(4):17-21* 2008
- “Nonpharmacological Approaches to Management of Labor Pain” (co-author) *UpToDate 15.2, www.uptodate.com* April 2009
- “The Occiput Posterior Fetus: State of the Science and Call for a New Perspective” *Birth 37(1):61-71* 2010
- “Foreword” *Prenatal and Perinatal Massage Therapy by Carole Osborne* 2010
- “2020 Vision for a High-Quality, High-Value Maternity Care System” *Women's Health Issues 20(1S):S7-17* 2010
- “Pain, Suffering, and Trauma in Labor and Prevention of Subsequent Posttraumatic Stress Disorder” *Journal of Perinatal Education 20(3):166-175* 2011

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 Women and Health*
- “Ode to Murray Enkin” *in The Canadian Childbirth Educator 4(2)* April 1990
- “PS from Pennypress” *biannual editorial newsletter from Pennypress* 1986-1993
- “Key Questions About Your Care” *wallet-sized card from Pennypress* 1991
- “Simkin’s Ratings of Comfort Measures for Childbirth” *poster and booklet from Childbirth Graphics* 1997
- “Pain Medications Used in Labor and Birth” *flashcards from Childbirth Graphics* 1997
- “Pregnancy and Childbirth” *Encarta Encyclopedia Microsoft Reference CD* 2002
- “Clarifying Your Feelings about Pain and Medications in Childbirth” (Poster and Handout) *Childbirth Graphics* 1997
- “Penny Simkin’s Road Map of Labor” (Poster, Handout, and PowerPoint Presentation) *Childbirth Graphics* 2003, 2007
- International Doula “Ask Penny” Column *In International Doula* March 2006-present
- “Penny Simkin’s Safe Positions for the Mother With an Epidural” (Handout) *Childbirth Graphics* 2008

AUDIO TAPE

- “Relax for Childbirth,” with music by Margaret Wakeley Harris *Pennypress* 1988

VIDEO TAPES & DVDs

- | | | |
|--|-------------------------|------------|
| • “Introducing the Doula,” with Marshall Klaus and Lyndsey Starkey | Doulas of North America | 1992 |
| • “Comfort Measures for Childbirth with Penny Simkin (completely revised)” | Penny Simkin, Inc. | 1995, 2008 |
| • “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
- The Epidemics: Induction, Epidurals, Cesareans: Education & Support of Childbearing Women
- Early Childhood Influences on a Woman’s Later Childbearing
- Eco-Friendly Birth
- Emotional Needs of Women in Labor and How to Meet Those Needs
- Factors that Influence Post Partum Recovery
- Making the Most of Your Birth Experience (2 hour public lecture)
- Maternity Care Today: Have We Reached the “Tipping Point”
- Midwives and Doulas: A Natural Alliance or a Redundancy in Care?
- More than the Birth of a Baby
- More Than Coming Out of Birth Alive
- Non-Pharmacologic Methods of Pain Relief in Labor
- The OP Fetus: How Little We Know
- Psycho-Physiologic Management to Maintaining Normalcy in Labor and 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: Content, Handouts, and Video and Slide Presentations
- Supporting the Woman with an Epidural
- 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
- The "Tipping Point" in Childbirth Education: The Consequences of Ignorance
- When Pain Becomes Suffering
- Yes, Birth is Normal... But What is Normal Birth?

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”
- Workshops tailored to the preferences of sponsors

AWARDS AND HONORS

- | | |
|--|------|
| • First Annual Award from the Midwives' Association of Washington State for Contributions to Midwifery | 1984 |
|--|------|

- Elisabeth Bing Award: ASPO/Lamazze 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
- Seattle Midwifery School named their Extension Education Program “The Simkin School of Allied Maternity Vocations” 2008
- Outstanding Childbirth Professional Award, International Childbirth Education Association 2008
- Teresa Dondero Memorial Lecture for ACNM National Conference - OP Fetus: How Little We Know May 26, 2009
- Sharon S. Humenick Award, Coalition for Improving Maternity Services March 11, 2011
- Honorary Doctorate in Natural Health Arts and Sciences, Bastyr University June 20, 2011

PERSONAL INFORMATION

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