



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
- *Simkin's Ratings of Comfort Measures for Childbirth* Childbirth Graphics 1997
- *Labor Progress Handbook: Early Interventions to Prevent and Treat Dystocia 2nd Edition (translated into German, Dutch, & Indonesian)* Blackwell Scientific (co-author) 2000, 2005
- *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(4)	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

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/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

- 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

PERSONAL INFORMATION

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