

Questions To Ask During A Consultation - Postpartum Doula

When interviewing a postpartum doula, parents should ask questions that help them understand the doula's experience, approach, and compatibility with their family's needs. Here are some key questions to consider:

Experience & Training

- What inspired you to become a doula?
- What training or certifications do you have as a postpartum doula?
- How long have you been working as a postpartum doula?
- Are you affiliated with any professional doula organizations?
- Do you have experience with families similar to mine (e.g., first-time parents, multiples, C-section recovery, NICU babies)?

Services & Support

- What specific services do you offer (e.g., newborn care, lactation support, emotional support, light housework, meal prep)?
- How do you typically support new parents emotionally and physically?
- Do you have experience supporting parents with postpartum mood disorders (e.g., postpartum depression or anxiety)?
- Can you assist with feeding support, including breastfeeding, pumping, and bottle feeding?
- Do you offer overnight support? If so, what does that look like?

Schedule & Availability

- What is your availability, and how flexible are you with scheduling?
- How far in advance should we book your services?
- What is your cancellation or rescheduling policy?

Philosophy & Approach

- What is your approach to newborn care and parenting styles?
- How do you support both parents (if applicable) in adjusting to their new roles?
- How do you handle differing parenting philosophies from your own?

Logistics & Fees

- What are your rates and payment structure?

- Do you offer package deals or hourly rates?
- Do you require a deposit, and what is your refund policy?

Compatibility & Additional Resources

- What do you love most about being a doula?
- How do you handle stressful or high-pressure situations?
- What makes you a good fit for our family?
- Do you have any additional resources or referrals for lactation consultants, mental health support, or other postpartum needs?

A good doula-client relationship is built on trust and mutual understanding, so parents should also pay attention to how they feel during the conversation—do they feel comfortable, supported, and respected?