

Questions To Ask During A Consultation - Birth Doula

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

General Background & Experience

- What inspired you to become a doula?
- How long have you been a doula, and how many families have you supported?
- What kind of training and certifications do you have?
- Are you affiliated with any professional doula organizations?
- Do you have experience with births similar to what I am planning (e.g., home birth, hospital birth, VBAC, unmedicated birth, epidural, cesarean, etc.)?
- Do you have any experience supporting high-risk pregnancies or special circumstances (e.g., multiples, surrogacy, loss, trauma-informed care)?

Birth Support

- What is your birth philosophy, and how do you support families in their choices?
- How do you typically support a birthing person and their partner during labor?
- What comfort measures do you use (e.g., massage, positioning, breathing techniques, aromatherapy)?
- How do you work alongside medical professionals, including doctors, nurses, and midwives?
- Do you offer prenatal visits? What do they include?
- Do you help with birth planning?

Postpartum Support

- Do you offer postpartum support? If so, what does it include?
- What are some common challenges you help parents navigate postpartum?
- Can you assist with infant feeding (breastfeeding, pumping, bottle feeding)?
- Do you provide emotional support for postpartum mood changes?
- Do you have experience with newborn care guidance?

Logistics & Availability

- When do you go on call, and how can I reach you when I'm in labor?
- Do you have a backup doula in case you are unavailable? Can we meet them?
- What happens if my labor is longer than expected?
- What is your policy if I have an unexpected cesarean or need to be induced?

Pricing & Contract

- What are your fees, and what is included in your package?
- Do you offer payment plans or sliding scale options?
- What is your refund or cancellation policy?

Personal Compatibility

- 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?

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?