

Postpartum Doula Interview Worksheet

You can print a copy of this sheet for each doula you interview, if you'd like to take notes.

Background Questions:

- Where did you receive your training and from which organization?
- How long was your training, and how much of it was devoted to supporting families (as opposed to business or other topics)? Have you taken any advanced trainings?
- Are you certified or working toward certification? Why do you value certification?
- Tell me about your experience supporting families as a doula. How long have you been a doula, and how many families have you supported?
- What kinds of services will you offer in my home? Are there tasks you're not comfortable doing? What might a typical postpartum shift look like?
- How will you support my partner through this process?
- What is your experience with lactation support?

Business & Logistics Questions:

- Will we meet before the baby is born to talk about our needs and your role?
- If we have postpartum questions or concerns before the birth, may we contact you?
- When do your services typically begin after the birth?
- Do you have a backup doula for times when you are not available? May we meet your backup?
- How will we know when our services should end?
- Have you had a criminal background check, a recent TB test and current CPR certification?
- What is your fee, and what does it include? *Review the doula's contract for refund policies and other details.

Questions to Consider After a Postpartum Doula Interview

It's a wonderful opportunity to choose a doula to be part of your fourth trimester with your baby! Sometimes, you just know that a particular doula is the one for you, and sometimes you need several interviews to find just the right person (or people- some doulas work in teams). These questions might be helpful as you choose a postpartum doula who is the right fit for your family.

- How comfortable was I with the doula/s?
- Did the doula/s communicate well with me and my family?
- Do I feel confident that the doula's will be able to support me with feeding my baby?
- What was the doula's level of knowledge? Did one seem more knowledgeable than another? Did I feel that my questions were answered thoroughly?
- Do I feel comfortable having this doula (these doulas) in my home?
- If there are unexpected situations, or if I need support before my baby is born, do I feel confident that this doula (these doulas) can offer what I'll need at that time?
- Who is the right doula to nurture and support my family through this process? Did I feel a connection?
- What does my overall intuition say?
- Other notes/observations: