



Questions to ask yourself

- What's your budget?
- What qualities do you value most in a doula?
- Did you feel as if she was really listening to you during the interview?
- Did you feel comfortable with her?
- Did she seem compassionate?
- Did she ask *you* any questions?
- Did you feel she was interested in you and what you want?
- Did she communicate well?
- Did she seem knowledgeable?
- Did her views on pregnancy, childbirth and medical care align with your own?
- Did she take the time to answer all of your questions or did you feel rushed?
- Was it easy to make the appointment with her?
- Did you click with her?
- How do you envision your birth?
- What are your desires?
- What areas do you need more information?

Questions to ask a potential doula

- Will you answer my questions without bias?
- Will you judge me if I make different decisions than you would?
- Will you respect the relationship my partner and I have, even with all of its imperfections?
- Are you equipped with a variety of strategies for supporting all types of labor and birth?
- Are you competent and capable?
- Are you accountable and available?
- Do you have a back-up system in place in the event that you are unavailable? Do you have a backup doula? If so, may I meet her? How often is your backup doula used?
- Do you have a legal contract in place?
- Did you take a hands on, in-person doula training?

- Are you supported by a reputable training organization with a grievance policy in place?
- Have you taken part in any continuing education programs?
- What is your philosophy about birth?
- How would you describe your doula style?
- Why did you become a doula?
- How do you most often support women in labor?
- How many births have you attended?
- What are your fees? What is included in your doula package? What happens to my fee if, for instance, I need an emergency c-section and labor support is no longer needed?
- Have you ever given birth, and, if so, did your birth experience inspire you to be a doula? Why? Did you have a doula? What did you learn from your birth experience?
- Have you attended births at my birth location and what were your experiences there?
- Do you have any other clients that have due dates near mine?
- Do you make any visits before the birth?
- Do you offer any postpartum care or follow up? Does that require an additional fee?
- May I email, text or call you with questions?
- Do you have experience with birth complications?
- Have you attended births that have ended up as a c-section?
- Have you attended home births?
- At what point in labor would we meet up? How should I contact you during labor and at what point? Is it okay if it's in the middle of the night? Are you always on call?
- Do you stay for the entire labor and childbirth, or do you have a time limit for long births?
- How do you work with a husband or partner?
- How do you work with a midwife or doctor?
- How do you support the laboring mom?
- What coping techniques do you find most helpful?
- What are your tactics for pain?
- How do you feel about epidurals or any pain medication?
- How long do you stay after the birth?
- Do you have experience with breastfeeding instruction?
- Do you offer any additional services, such as placenta encapsulation?
- Is it possible to read any reviews you might have? Do you have any references and if so may I speak with them?