

Best Questions to Ask when Interviewing a Doula



1

Ask about their journey to birth work. Why did they start doing this? How long have they been doing this? What variety of births have they supported?

2

Ask about logistics: how many times will you meet? When do they go on call? Do they have a back up in case they can't make it? What is their refund policy? CoVID policy? Do they have different support packages?

3

Ask about their approach to working with their clients during birth. Especially how they support your partner and additional family/friends present during birth.

4

Ask about how they work with care providers during a birth. How they will handle smooth and easy to work with providers along with those care providers who may not be listening and are more pushy? How would they handle a care provider giving you misinformation? What if there is conflict between you and a provider?

5

Ask how they help clients achieve informed consent. If a doula's answer to everything is 'ask your provider,' then they are probably not going to be able to help you make a truly informed consent choice during your pregnancy and birth.

6

What is their approach to supporting parents through unexpected hiccups during birth. What if a complication arises? What about a hospital transfer? What have they found to be most helpful to help parents cope with plan changes?