



Questions to Ask A Doula

Most doulas offer a free initial consultation at a location and time of your convenience. The interview is an opportunity to demonstrate her personality and services and how she could best serve you. This is a chance to meet her in person and ask her questions.

1. Tell me about your training and experience with birth/postpartum, personally and as a doula.
2. What is your philosophy about childbirth and supporting women and their partners through labour? What is your philosophy about parenting and supporting women and their families during the postpartum period?
3. What role will you play in supporting me(us)?
4. May we call or email you with questions before and after the birth?
5. How many prenatal and postpartum visits do you offer?
6. When will you join me (us) during labour? Will you come to our house or meet us at the hospital?
7. When will you meet with me (us) to review the birth and answer any questions?
8. Do you work with one or more backup doulas? Can we meet them?
9. When do your services begin postpartum?
10. What is your experience in breastfeeding support?
11. Do you have current CPR certification?
12. What different types of services do you offer?
13. Is there anything else you would like to tell me about your services?
14. What is your fee?
15. What is your refund policy?