

Doula Interview: Questions to Consider

So you are hiring a doula. Congratulations! Doulas are an incredible addition to your birth team and birth care! Providing continuous labor support for the birth that YOU want, they cheer you on and believe in you. The task of interviewing doulas can be daunting, so we asked some of our favorite doulas what questions they get asked frequently and what questions they think are most important to ask a potential doula.

All of them stressed one thing: CONNECTION. More important than any words on a checklist, your personal connection with your doula as well as your partner's connection with them- is key. Even more important than how your doula answers these questions, is how much she tunes in and listens to you and your needs for your birth.

- Have you ever done a birth with my care provider and what was the experience like?
- How do you help us achieve our birth plan?
- Why did you become a doula?
- What's the biggest lesson you've learned as a doula?
- What do you bring to my birth to help me?
- How do you not take the place of my partner?
- Do you have reliable childcare?
- How do you work with my partner?
- What kinds of birth experiences have you had? (This questions may have little or no bearing on your doula's ability to support you in birth. Some doulas don't even have children! It is however important to some woman and frequently asked.)
- How many clients do you take a month?
- Who is your backup and is it possible for me to meet them?



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- Have you attended births at my hospital or birth place?
- What do you provide with your services?
- How can I decrease my risk of cesarean or how can doula care do this?
- How many people do you have booked around my estimated due date?
- How do you work with my family?
- What if I end up wanting an epidural or have a cesarean? (You can read more about how doulas support epidural birth and how doulas support cesarean birth, in these posts.)
- Do you help with breastfeeding? (Doulas sometimes have additional lactation training.)
- What do we cover at prenatal visits?
- Do you do postpartum visits?
- If so, what do postpartum visits include?
- Is there a time limit to how long you will stay in labor?
- What is an example of a challenging birth and how you handled it?



Don't feel like you have to ask all of these questions when meeting with doulas. Choose the questions that are most important to you and that will help you choose the best doula for you!

Remember, choose who you feel most comfortable with, and with who you feel would best support you and your partner in the birth that you desire.