



Questions to Ask a Doula

Choosing a doula can be an overwhelming decision. How do you know which one will fit in best with your family? Most doulas will schedule a free phone or video chat so you can decide if you will be a good match. I've listed some questions below to help guide you through this call as well as some space to jot down notes. Keep in mind, though, even if all their answers are technically what you're looking for, you may not click with them personality-wise. You don't want to invite someone into this vulnerable part of your life if they make you feel on-edge, so don't discount your intuition here.

I included a question about certification, but I wanted to be sure to add a bit of context. Not all doulas are certified, and there is no nationwide standard like the Bar Exam for lawyers. Different trainers focus on different approaches and methods, so it can be helpful to ask about their style and guiding principles. Some doulas used to be certified, but have let their membership lapse as their organization has on-going requirements and fees. Some have had lots of informal experience, but have never done structured training. Some have completed the workload, but never paid the fee to be officially certified. Because of all of this variation, a simple yes or no answer won't be enough to get a full picture of their experience. You can always contact a training organization to double-check that a doula is in good standing.

Doula's Name: _____

1. How long have you been a doula? Do you have other related work or life experience?

2. What led you to become a doula?

3. What is included in your services?

4. Do you have any specialties? What do you feel are your strengths? Do you offer any related services?

5. Are there any situations or circumstances in which you would feel uncomfortable or unable to provide adequate support?

6. What geographical areas do you serve?

7. How do you handle it when parents make a choice you don't agree with or have different priorities than you?

8. Do you meet with your clients before the baby is born? What does that usually look like?

9. What did your training/certification journey look like?

10. What is your illness policy? Do you have a backup doula?

11. What are your payment policies? Do you require a retainer or deposit? What forms of payment do you accept?

12. Do you have references or reviews I can read?

Additional Notes: