

Important Questions to Ask Your Doula

STRAIGHT TALK ON MAKING THE BEST CHOICE FOR YOUR GROWING FAMILY

You've done your research, weighed your options and are thinking about hiring a Doula to assist with your birth. This is a very personal decision and one that you shouldn't take lightly - after all your Doula will be there beside you as you bring your baby into the world. We want you to make the best decision for your family and suggest using the questions below as a guide to interviewing Doulas in your community.

Practical Questions

1. Are you available on my due date?
2. Do you have any other clients that are due around the same time?
3. How do you manage or schedule a back-up Doula?
4. What type of training have you completed?
5. How many births have you attended?
6. What kind of costs are involved? Do you have a minimum charge or any packages available?
7. What is your refund policy?
8. How many prenatal appointments do you offer? Can I book more if I feel like I need them?
9. Do you meet me at the hospital or at home when I'm in labour?
10. How long do you stay after my baby is born?

Although practical information is important, it's far more valuable to learn more about your potential Doula's individual personality and views on birth. Labour and delivery is a very intimate experience and you want to feel connected and like you're on the same page as your Doula. It's important to build a strong, trusting relationship before you're in the middle of labour. To help with this process, you can use the questions below to help you learn more about your Doula's personality and birth philosophy.

Birth Philosophy

1. What inspired you to become a Doula?
2. What do you love most about the job?
3. What do you find to be the most challenging part of the job?
4. How do you feel about inductions?
5. How do you feel about epidurals?
6. Do you have any special training? (breastfeeding, maternal mental health, etc.)
7. How do you support partners during the birth process?
8. Do you have any experience with VBAC?
9. Have you ever missed a birth? If yes, what happened?
10. Do you keep a log of events or a written timeline of the birth?