



Questions to ask a potential Doula:

When choosing a Doula, it is important to discuss your birth plan during the interview (or even before you conceive!). The earlier you discuss options, the earlier you know if the Doula is going to be a good fit for your family. There are many different Doula styles, and everyone is going to want something different during their labor. Below is a list of example questions that would be good to consider when talking to your Doula. This is not a comprehensive list. You should also make an appointment with your hospital/birth center to discuss their policies and procedures. WWW.DoulaMatch.net is an excellent resource. **Disclaimer:** The views and opinions expressed in this article are that of the author, and should **not** be substituted for independent professional healthcare advice. The content is not intended to establish a standard of care to be followed by the reader, and is for **general informational purposes only**. You should always seek the advice of your physician or other qualified health practitioner with any questions or concerns you may have regarding your health. ICAN is a peer-to-peer support group, and does not provide medical services or advice.

1. What organization are you certified or training through?
2. What is your fee?
3. Have you attended a VBAC delivery?
4. Have you attended a cesarean delivery?
5. Do you believe in advocacy work for doulas?
 - a. How do you advocate for your clients?
6. Do you offer prenatal visits?
7. Do you offer postpartum visits?
8. Who are your back up Doulas?
 - a. Do they offer the same options that you offer?
 - b. How many births have you missed in the last year?
9. What options do you provide for physical pain relief?
10. How long will you stay with me during labor?
11. How early in my labor will you arrive?
12. What equipment do you have?
 - a. Will I need to pay more to utilize these options?
13. Have you ever worked with my provider before?
 - a. Was it a good experience?